



October Breakfast

ON-SITE 2026

mps.schools.org/menus

SELECTION OF FRUIT & MILK OFFERED DAILY

Know Your Food  Farm to School

			1 Apple Cinnamon Breakfast Bread OR Yogurt & Grahams OR Cereal	2 Mini Maple Pancakes OR Yogurt & Grahams OR Cereal
5 Egg & Cheese / Sausage & Cheese Croissant OR Yogurt & Grahams OR Cereal	6 Blueberry Belgian Waffle OR Cereal	7 Cheesy Eggs with English Muffin OR Yogurt & Grahams OR Cereal	8  Carrot Breakfast Bread OR Cereal	9 French Toast Sticks OR Yogurt & Grahams OR Cereal
12 Egg & Cheese / Sausage & Cheese Pancake Stacker OR Yogurt & Grahams OR Cereal	13 Maple Belgian Waffle OR Cereal	14 Egg & Cheese Tamale OR Yogurt & Grahams OR Cereal	15 Apple Cinnamon Breakfast Bread OR Cereal	16 Mini Maple Pancakes OR Yogurt & Grahams OR Cereal
19 Egg & Cheese / Sausage & Cheese Croissant OR Yogurt & Grahams OR Cereal	20 Blueberry Belgian Waffle OR Cereal	21 Cheesy Eggs with English Muffin OR Yogurt & Grahams OR Cereal	22  Carrot Breakfast Bread OR Cereal	23 French Toast Sticks OR Yogurt & Grahams OR Cereal
26 Egg & Cheese / Sausage & Cheese Pancake Stacker OR Yogurt & Grahams OR Cereal	27 Maple Belgian Waffle OR Cereal	28 Egg & Cheese Tamale OR Yogurt & Grahams OR Cereal	29 Apple Cinnamon Breakfast Bread OR Cereal	30 Mini Maple Pancakes OR Yogurt & Grahams OR Cereal

For nutrition facts and allergens, visit schoolcafe.com/MinneapolisPublicSchools. Menu subject to change.
This institution is an equal opportunity provider.

