

OCTOBER 2026

BREAKFAST K-12

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5

Cinnamon Toast Crunch Cereal*
Breakfast Kit
Fruit/Juice
Milk

Reduced-Sugar

12

Cinnamon Crisp Bar
Breakfast Kit
Fruit/Juice
Milk

19

Cinnamon Toast Crunch Cereal*
Breakfast Kit
Fruit/Juice
Milk

Reduced-Sugar

26

Cinnamon Crisp Bar
Breakfast Kit
Fruit/Juice
Milk

6

Campfire S'mores Bar
Breakfast Kit
Fruit/Juice
Milk

13

Blueberry Nutri-Grain Bar
Breakfast Kit
Fruit/Juice
Milk

20

Campfire S'mores Bar
Breakfast Kit
Fruit/Juice
Milk

27

Blueberry Nutri-Grain Bar
Breakfast Kit
Fruit/Juice
Milk

7

Cinnamon Pop-Tart
Breakfast Kit
Fruit/Juice
Milk

14

Glazed Donut Holes
Breakfast Kit
Fruit/Juice
Milk

21

Cinnamon Pop-Tart
Breakfast Kit
Fruit/Juice
Milk

28

Glazed Donut Holes
Breakfast Kit
Fruit/Juice
Milk

1

Coco Puffs Cereal*
Breakfast Kit
Fruit/Juice
Milk

**Reduced-Sugar*

8

Frosted Flakes Cereal*
Breakfast Kit
Fruit/Juice
Milk

Reduced-Sugar

15

Coco Puffs Cereal*
Breakfast Kit
Fruit/Juice
Milk

**Reduced-Sugar*

22

Frosted Flakes Cereal*
Breakfast Kit
Fruit/Juice
Milk

Reduced-Sugar

29

Coco Puffs Cereal*
Breakfast Kit
Fruit/Juice
Milk

**Reduced-Sugar*

2

Trix Cereal*
Breakfast Kit
Fruit/Juice
Milk

**Reduced-Sugar*

9

Strawberry Pop-Tart
Breakfast Kit
Fruit/Juice
Milk

16

NO SCHOOL

23

NO SCHOOL
(PT Conferences)

30

Trix Cereal*
Breakfast Kit
Fruit/Juice
Milk

**Reduced-Sugar*

BREAKFAST IS FREE FOR ALL STUDENTS K-12

School Breakfast Facts:

-Breakfast is served between 7:45 a.m. to 8:00 a.m.

-Elementary breakfast is served in the classroom.

-HSMS has two primary sites to pick up breakfast: the commons and the breezeway.

-Breakfast includes 2 grains, or 1 grain+1 meat/meat alternative, fruit/fruit juice and milk.

-Many of the breakfast foods are reduced-sugar, nutrient-fortified, and all of the grains offered are whole grain rich.

-According to statistics, students who eat breakfast will perform better throughout the school day.

-Paulding Ex. Village Schools complies with federal criteria for the National School Breakfast Program (NSLP) by adhering to the rules and regulations established by the United States Department of Agriculture (USDA).