RINGGOLD ELEMENTARY BREAKFAST

OCTOBER2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 GOLDFISH CINNAMON CRACKERS CHEDDAR CHEESE CUBES FRESH FRUIT 100% FRUIT JUICE 1% UNFLAVORED MILK	**2** CHOCOLATE MUFFIN FRESH FRUIT 100% FRUIT JUICE 1% UNFLAVORED MILK
5 STRAWBERRY POP TART FRESH FRUIT 100% FRUIT JUICE 1% UNFLAVORED MILK	**6** WG GLAZED DONUT FRESH FRUIT 100% FRUIT JUICE 1% UNFLAVORED MILK	**7** WG CHOCOLATE SCOOBY DOO CRACKERS MOZZARELLA CHEESE STICK FRESH FRUIT 100% FRUIT JUICE 1% UNFLAVORED MILK	**8** COCO PUFF CEREAL BAR FRESH FRUIT 100% FRUIT JUICE 1% UNFLAVORED MILK	**9** BANANA MUFFIN FRESH FRUIT 100% FRUIT JUICE 1% UNFLAVORED MILK
12 CHOCOLATE FUDGE POP TART FRESH FRUIT 100% FRUIT JUICE 1% UNFLAVORED MILK	**13** CINNAMON TOAST GRAHAM CRACKERS FRESH FRUIT 100% FRUIT JUICE 1% UNFLAVORED MILK	**14** NO SCHOOL	**15** TRIX CEREAL BAR FRESH FRUIT 100% FRUIT JUICE 1% UNFLAVORED MILK	**16** BLUEBERRY MUFFIN FRESH FRUIT 100% FRUIT JUICE 1% UNFLAVORED MILK
19 STRAWBERRY POP TART FRESH FRUIT 100% FRUIT JUICE 1% UNFLAVORED MILK	**20** WG GLAZED DONUT FRESH FRUIT 100% FRUIT JUICE 1% UNFLAVORED MILK	**21** WG CHOCOLATE SCOOBY DOO CRACKERS MOZZARELLA CHEESE STICK FRESH FRUIT 100% FRUIT JUICE 1% UNFLAVORED MILK	**22** CINNAMON MINI CREAM CHEESE BAGELS FRESH FRUIT 100% FRUIT JUICE 1% UNFLAVORED MILK	**23** CHOCOLATE MUFFIN FRESH FRUIT 100% FRUIT JUICE 1% UNFLAVORED MILK
26 CHOCOLATE FUDGE POP TART FRESH FRUIT 100% FRUIT JUICE 1% UNFLAVORED MILK	**27** WG DUNKIN STIXS DONUT FRESH FRUIT 100% FRUIT JUICE 1% UNFLAVORED MILK	**28** CHOCOLATE CHIP OATMEAL BAR FRESH FRUIT 100% FRUIT JUICE 1% UNFLAVORED MILK	**29** SOFT BAKED COCO CAKE BAR FRESH FRUIT 100% FRUIT JUICE 1% UNFLAVORED MILK	**30** BANANA MUFFIN FRESH FRUIT 100% FRUIT JUICE 1% UNFLAVORED MILK

WHAT MAKES A BREAKFAST
3 COMPONENTS
1 CUP FRUIT OR VEGETABLE
1OZ WHOLE GRAIN MEAT OR MEAT ALTERNATE
8OZ LOWFAT MILK



Contact The District Food Service Directors,
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with any questions or concerns.

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