

October 2026-Fridley High School Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Benefit Bar Breakfast Burrito Assorted Cereal Assorted Fruit Milk Choice	29 Mini Cinni Breakfast Smoothie Assorted Cereal Assorted Fruit Milk Choice	30 Puffy Pancakes PBJ Assorted Cereal Assorted Fruit Milk Choice	1 Nature Valley Rounds Breakfast Smoothie Assorted Cereal Assorted Fruit Milk Choice	2 Assorted Breads PBJ Assorted Cereal Assorted Fruit Milk Choice
5 Assorted Muffins Breakfast Egg Roll Assorted Cereal Assorted Fruit Milk Choice	6 French Toast Breakfast Smoothie Assorted Cereal Assorted Fruit Milk Choice	7 Bagel w/spread PBJ Assorted Cereal Assorted Fruit Milk Choice	8 Assorted Bread Slices Breakfast Smoothie Assorted Cereal Assorted Fruit Milk Choice	9 Cooks Choice PBJ Assorted Cereal Assorted Fruit Milk Choice
12 Brekkie Three Cheese Egg Bites Assorted Cereal Assorted Fruit Milk Choice	13 Apple or Cherry Frudel Breakfast Smoothie Assorted Cereal Assorted Fruit Milk Choice	14 No School	15 No School	16 No School
19 Benefit Bar Breakfast Burrito Assorted Cereal Assorted Fruit Milk Choice	20 Mini Cinni Breakfast Smoothie Assorted Cereal Assorted Fruit Milk Choice	21 Puffy Pancakes PBJ Assorted Cereal Assorted Fruit Milk Choice	22 Nature Valley Rounds Breakfast Smoothie Assorted Cereal Assorted Fruit Milk Choice	23 Assorted Breads PBJ Assorted Cereal Assorted Fruit Milk Choice
26 Muffin Breakfast Egg Roll Assorted Cereal Assorted Fruit Milk Choice	27 French Toast Breakfast Smoothie Assorted Cereal Assorted Fruit Milk Choice	28 Powdered Mini Donuts PBJ Assorted Cereal Assorted Fruit Milk Choice	29 Assorted Bread Slices Breakfast Smoothie Assorted Cereal Assorted Fruit Milk Choice	30 Cooks Choice PBJ Assorted Cereal Assorted Fruit Milk Choice

This institution is an equal opportunity provider. Due to supply chain issues, menu is subject to change based on availability. Please see online interactive menu for most up to date menu information. Limited quantities of alternate options are available.