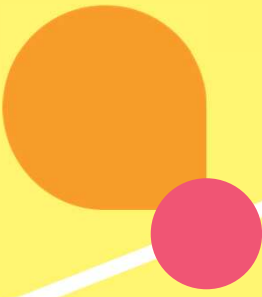




October 2026 Breakfast Menu

Each student is able to choose one Program Breakfast
free of charge for the 2026/27 school year
They must choose a ½ cup fruit or fruit juice to meet
USDA required components

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Fun Facts- Pumpkins are a considered a fruit. Native Americans grew & ate pumpkins and their seeds long before the Pilgrims landed on their continent. Morton Illinois is the pumpkin capital of the world. Try Pumpkin Bread for bfast on the 27th		1 Mini Cinni or Trix Cereal Bowl Fresh Fruit or Fruit Juice Choice of Milk	2 Confetti Pancakes Or Golden Grahams Bar Fresh Fruit or Fruit Juice Choice of Milk
	5 Chocolate Swirl Roll Or Cinnamon Toast Cereal Fresh Fruit or Fruit Juice Choice of Milk	6 Blueberry Waffles Or Golden Grahams Fresh Fruit or Fruit Juice Choice of Milk	7 Strawberry Banana Smoothie or Cocoa Puffs Bar Fresh Fruit or Fruit Juice Choice of Milk	8 Chocolate Frosted Pop Tart Or Choco Chip Bar Fresh Fruit or Fruit Juice Choice of Milk
	9 Cinnamon Swirl Roll Or Trix Cereal Bowl Fresh Fruit or Fruit Juice Choice of Milk	12 French Toast Sticks Or Strawberry Pop Tart Fruit or Fruit Juice Choice of Milk	13 Mini Strawberry Bagel Or Apple Nutri-Grain Bar Fresh Fruit or Fruit Juice Choice of Milk	14 Egg & Cheese Bagel Or French Toast Bar Fresh Fruit or Fruit Juice Choice of Milk
	15 Frosted Fudge Pop Tart Or Frosted Flakes Cereal Fresh Fruit or Fruit Juice Choice of Milk	16 Blueberry Waffles or Lucky Charms Cereal Bowl Fresh Fruit or Fruit Juice Choice of Milk	19 Jumbo Waffles Or Golden Grahams Fresh Fruit or Fruit Juice Choice of Milk	20 Choc Chip Oatmeal Bar or Apple Cinnamon Cheerios Fresh Fruit or Fruit Juice Choice of Milk
	21 Strawberry Pullapart Bagel Or Cinnamon Toast Cereal Fresh Fruit or Fruit Juice Choice of Milk	22 Raspberry Nutri-Grain Bar or Rice Krispie Bowl Fresh Fruit or Fruit Juice Choice of Milk	23 Cherry Frudel Or Cinnamon Toast Cereal Fresh Fruit or Fruit Juice Choice of Milk	26 Egg & Cheese Bagel Or Cinnamon Toast Cereal Fresh Fruit or Fruit Juice Choice of Milk
27 Pumpkin Bread or Cinnamon Toast Crunch Bar Fresh Fruit or Fruit Juice Choice of Milk	28 Chocolate Chip Oatmeal Bar or Cinnamon Toast Cereal Fresh Fruit or Fruit Juice Choice of Milk	29 Confetti Pancakes or Trix Cereal Bar Fresh Fruit or Fruit Juice Choice of Milk	30 Strawberry Muffin Tops or Blueberry Chex Cereal Bowl Fresh Fruit or Fruit Juice Choice of Milk	