# October 2026

# EAST GREENWICH TOWNSHIP SCHOOLS BREAKFAST MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **Did you know?** Leaves change color in October primarily due to decreased sunlight, which causes chlorophyll to break down and reveal red, orange, and yellow pigments. | | | 1<br>WG Cinnamon Toast Crunch Cereal Bar<br>Hard-boiled Egg<br>Apple Slices<br>1% White Milk | 2<br>WG Blueberry Muffin<br>Cheese Stick<br>Fruit of the Day<br>1% White Milk |
| 5<br>WG Strawberry Nutri-Grain Bar<br>Apple Slices<br>1% White Milk | 6<br>Blueberry Yogurt with Graham Crackers<br>Apple Slices<br>1% White Milk | 7<br>WG Bagel with Cream Cheese<br>Apple Slices<br>1% White Milk | 8<br>WG Trix Cereal Bar<br>Hard-Boiled Egg<br>Apple Slices<br>1% White Milk | 9<br>WG Banana Muffin<br>Cheese Stick<br>Apple Slices<br>1% White Milk |
| 12<br>SCHOOL CLOSED | 13<br>Vanilla Yogurt with Graham Crackers<br>Apple Slices<br>1% White Milk | 14<br>WG Bagel with Cream Cheese<br>Apple Slices<br>1% White Milk | 15<br>WG Cocoa Puff Cereal Bar<br>Hard-Boiled Egg<br>Apple Slices<br>1% White Milk | 16<br>WG Blueberry Muffin<br>Cheese Stick<br>Apple Slices<br>1% White Milk |
| 19<br>WG Strawberry Nutri-Grain Bar<br>Apple Slices<br>1% White Milk | 20<br>Strawberry Yogurt with Graham Crackers<br>Apple Slices<br>1% White Milk | 21<br>WG Bagel with Cream Cheese<br>Apple Slices<br>1% White Milk | 22<br>WG Cinnamon Toast Crunch Cereal Bar<br>Hard-boiled Egg<br>Apple Slices<br>1% White Milk | 23<br>WG Banana Muffin<br>Cheese Stick<br>Apple Slices<br>1% White Milk |
| 26<br>WG Blueberry Nutri-Grain Bar<br>Apple Slices<br>1% White Milk | 27<br>Blueberry Yogurt with Graham Crackers<br>Apple Slices<br>1% White Milk | 28<br>WG Bagel with Cream Cheese<br>Apple Slices<br>1% White Milk | 29<br>WG Trix Cereal Bar<br>Hard-Boiled Egg<br>Apple Slices<br>1% White Milk | 30<br>WG Blueberry Muffin<br>Cheese Stick<br>Apple Slices<br>1% White Milk |

**BREAKFAST**
**$2.25**

Students must choose at least 3 of the 4 components available for the school breakfast price
- Protein
- Grains
- Fruit
- 1% White Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast

**MENU SUBJECT TO CHANGE**

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