

Let's Have Breakfast

Elementary School Breakfast Menu



OCTOBER



STEVENS POINT
AREA PUBLIC
SCHOOL DISTRICT
foodservices@pointsschools.net



A complete student breakfast must consist of at least **THREE** food items.

At least one of the three items must be a ½-cup serving of fruit.



In addition to the daily choices listed on the menu below, students will be offered fresh fruit, buttered toast, cinnamon toast and milk with every breakfast. Water is also available in each cafeteria.



Daily milk choices include:

1% white and
1% chocolate

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Day 3
1 Cheese Omelet w/ Hash Brown Patty
2 Apple Cinnamon Cheerios Cereal
Fruit Juice

Day 4
1 Mini Cinnis
2 Cinnamon Toast Crunch Cereal
Chilled Fruit

Day 5
1 Sausage Breakfast Pizza
2 Cheerios Cereal
Chilled Fruit

Day 6
1 Sausage, Egg & Cheese Breakfast Sandwich
2 Cocoa Puffs Cereal
Fruit Juice

Day 1
1 French Toast Sticks w/ Syrup
2 Apple Cinnamon Cheerios Cereal
Chilled Fruit

Day 2
1 Scrambled Eggs w/ Sausage Patty
2 Froot Loops Cereal
Fruit Juice

Day 3
1 Double Chocolate Chip Muffin
2 Cinnamon Chex Cereal
Chilled Fruit

Day 4
1 Cinnamon Oatmeal
2 Cheerios Cereal
Chilled Fruit

Day 5
1 Cinnamon Roll
2 Cinnamon Chex Cereal
Fruit Juice

Day 6
1 Fruit & Yogurt Parfait w/ Granola
2 Cocoa Puffs Cereal
Chilled Fruit

Day 1
1 Cheese Omelet w/ Hash Brown Patty
2 Cinnamon Toast Crunch Cereal
Fruit Juice

Day 2
1 Mini Cinnis
2 Trix Cereal
Chilled Fruit

Day 3
1 Blueberry Muffin
2 Apple Cinnamon Cheerios Cereal
Chilled Fruit

Day 4
1 Sausage Breakfast Pizza
2 Trix Cereal
Fruit Juice

Day 5
1 Sausage & Pancake Breakfast Sandwich
2 Cocoa Puffs Cereal
Chilled Fruit

Day 6
1 French Toast Sticks w/ Syrup
2 Cinnamon Toast Crunch Cereal
Fruit Juice

NO SCHOOL TODAY

Day 1
1 Sausage & Pancake on a Stick
2 Cocoa Puffs Cereal
Chilled Fruit

Day 2
1 Fruit & Yogurt Parfait w/ Granola
2 Cinnamon Toast Crunch Cereal
Fruit Juice

Day 3
1 Scrambled Eggs w/ Sausage Patty
2 Froot Loops Cereal
Chilled Fruit

Day 4
1 Cinnamon Roll
2 Frosted Mini Wheats Cereal
Fruit Juice



FREE BREAKFAST. EVERY STUDENT. EVERY DAY.

For the duration of the 2026-2027 school year, the Food Service Department will be offering one free reimbursable school breakfast daily to every student.



DON'T FORGET TO EAT SOME FRUIT

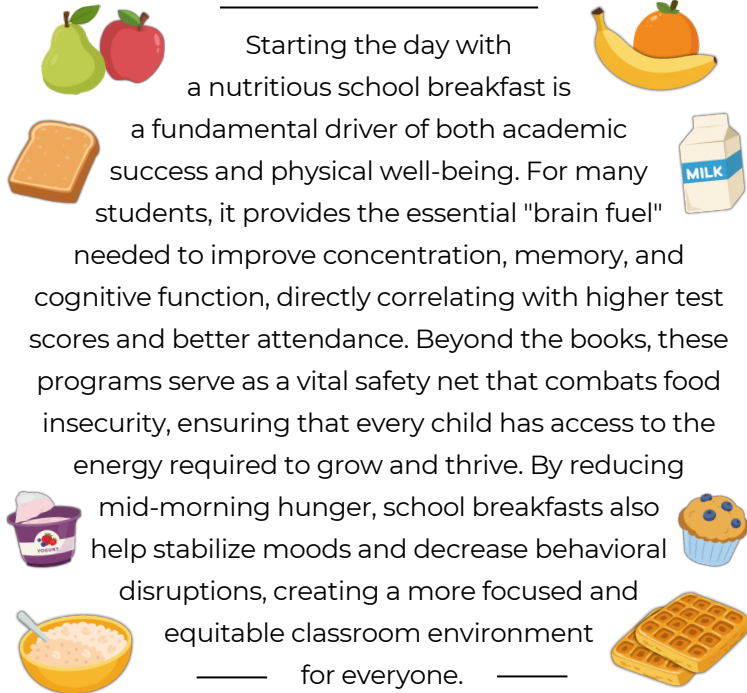


Student Breakfast: **FREE**

Non-Student Breakfast: **\$3.50**

OCTOBER BREAKFAST BITES

FUEL UP WITH SCHOOL BREAKFAST



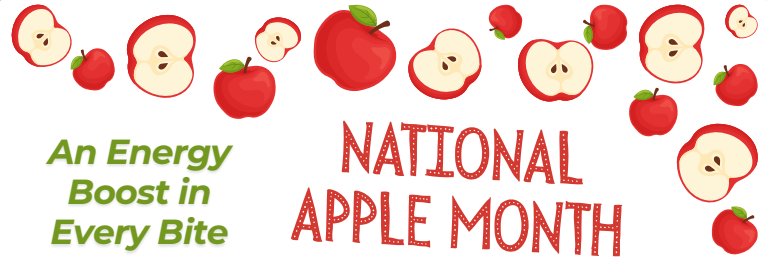
Starting the day with a nutritious school breakfast is a fundamental driver of both academic success and physical well-being. For many students, it provides the essential "brain fuel" needed to improve concentration, memory, and cognitive function, directly correlating with higher test scores and better attendance. Beyond the books, these programs serve as a vital safety net that combats food insecurity, ensuring that every child has access to the energy required to grow and thrive. By reducing mid-morning hunger, school breakfasts also help stabilize moods and decrease behavioral disruptions, creating a more focused and equitable classroom environment for everyone.

GLOBAL SMOOTHIE DAY

Blend it Up. Drink it Down.



Global Smoothie Day is the ultimate excuse to bust out the blender and sip your way to a serious nutrition upgrade! While it's easy for a smoothie to accidentally turn into a secret milkshake, keeping your blend healthy is all about finding the right balance. Start with a leafy green base like spinach or kale, toss in whole fruits instead of sugary fruit juices, and swap sweetened yogurts for low-fat milk or plain Greek yogurt. To keep your energy steady and avoid a sugar crash, don't forget to add a source of healthy fats or protein—like a spoonful of peanut butter, a scoop of protein powder, or a sprinkle of chia seeds. Blend it all up for a delicious treat that is refreshingly smooth and healthy!



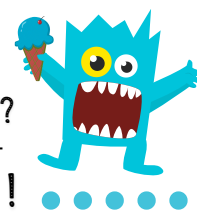
An Energy Boost in Every Bite

NATIONAL APPLE MONTH

National Apple Month is honestly the best excuse to embrace fall with a seriously satisfying crunch. These sweet little orchard gems are surprisingly powerful nutritional goldmines, loaded with fiber to keep your gut happy and packed with antioxidants like vitamin C to give your immune system and heart a nice little boost. Plus, they're naturally sweet and require zero prep work, which makes them the ultimate "lazy" superfood. For busy parents, tossing a couple of these into school lunchboxes is a total win for quick, mess-free fueling. It's an easy way to sneak some real nutrition into your kids' day without starting a dinner-table negotiation. So go ahead and grab a few today—keeping the doctor away has never been this easy!



WHAT IS A MONSTER'S FAVORITE TREAT?



ICE-SCREAM!

For the latest event information and fun food & nutrition facts:



Follow us on Facebook

[spapsdfoodservice](https://www.facebook.com/spapsdfoodservice)

VISIT OUR WEBSITE FOR MORE FOOD SERVICE NEWS



Check out the latest menus and meal pricing, past and current events, parent resources, and get answers to a number of frequently asked questions.

pointschools.net/departments/food-service

This institution is an equal opportunity provider.



715-345-5435 (7 am - 3 pm)



foodservices@pointschools.net