October 2026

Please note: Menus are subject to change

FHS Breakfast Menu

Boo! Breakfast Is Waiting for You!

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 WG French Toast Sticks Applesauce 100% Fruit Juice Box Choice of Milk	2 WG Apple Cider Donut Assorted Fresh Fruit 100% Fruit Juice Box Choice of Milk
5 WG Warm Cinnamon Toast Crunch Bar Strawberries 100% Fruit Juice Box Choice of Milk	6 WG Breakfast Croissant Gala Apple 100% Fruit Juice Box Choice of Milk	7 WG Breakfast Pizza Orange Wedges 100% Fruit Juice Box Choice of Milk	8 WG Cinnamon Sugar Churro Bites Fresh Pear 100% Fruit Juice Box Choice of Milk	9 WG Sprinkle Donut Assorted Fresh Fruit 100% Fruit Juice Box Choice of Milk
12 **No School**	13 WG Cinnamon Roll Diced Peach Cups 100% Fruit Juice Box Choice of Milk	14 WG Breakfast Pizza Orange Wedges 100% Fruit Juice Box Choice of Milk	15 WG French Toast Sticks Applesauce 100% Fruit Juice Box Choice of Milk	16 WG Apple Cider Donut Assorted Fresh Fruit 100% Fruit Juice Box Choice of Milk
19 WG Warm Cinnamon Toast Crunch Bar Blueberries 100% Fruit Juice Box Choice of Milk	20 WG Breakfast Croissant Gala Apple 100% Fruit Juice Box Choice of Milk	21 WG Breakfast Pizza Orange Wedges 100% Fruit Juice Box Choice of Milk	22 WG Cinnamon Sugar Churro Bites Fresh Pear 100% Fruit Juice Box Choice of Milk	23 WG Sprinkle Donut Assorted Fresh Fruit 100% Fruit Juice Box Choice of Milk
26 WG Mini Strawberry Pancake Puffs Strawberry Fruit Cup 100% Fruit Juice Box Choice of Milk	27 WG Cinnamon Roll Diced Peach Cups 100% Fruit Juice Box Choice of Milk	28 WG Breakfast Pizza Orange Wedges 100% Fruit Juice Box Choice of Milk	29 WG French Toast Sticks Applesauce 100% Fruit Juice Box Choice of Milk	30 WG Halloween Donut Assorted Fresh Fruit 100% Fruit Juice Box Choice of Milk

Fall has rolled into Freeport, and we're cooking up a month full of delicious meals, cozy favorites, and a little October fun!

From crunchy apples to warm-up-your-tummy favorites, we're excited to serve our Freeport Pretzels nutritious meals made with care each day.

Eat well. Smile big.
We're so glad to have you at the table!

Made with Love by your NDS Family

Reminders:

Available Daily: Assorted WG Pastries & WG Cereal.

Menu items containing pork are highlighted in yellow.