

October 2026

Please note: Menus are subject to change

Early Childhood Center 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.

WG Pancake
Maple Syrup
Strawberries
1% White Milk

Cheese Omelet
Apple Slices
1% White Milk

WG Cheerios Cereal
Orange Wedges
1% White Milk

WG French Toast Sticks
Maple Syrup
Diced Pears
1% White Milk

WG Cheerios Cereal
Cantaloupe
1% White 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:

Milk substitutions are available daily to district students who have a current, completed Allergy Form on file with their school nurse. Please remember that the Allergy Form must be updated each school year.

Menu items containing pork are highlighted in yellow.

No School

Scrambled Eggs
WG English Muffin
Sliced Peaches
1% White Milk

WG Cinnamon
Chex Cereal
Orange Wedges
1% White Milk

WG French Toast Sticks
Maple Syrup
Applesauce
1% White Milk

WG Cheerios Cereal
Fresh Fruit
1% White Milk

WG Pancake
Maple Syrup
Blueberries
1% White Milk

Cheese Omelet
Apple Slices
1% White Milk

WG Cheerios Cereal
Orange Wedges
1% White Milk

WG Blueberry Muffin
Diced Pears
1% White Milk

WG Cinnamon
Chex Cereal
Fresh Fruit
1% White Milk

WG Banana Bread
Strawberries
1% White Milk

Scrambled Eggs
WG English Muffin
Sliced Peaches
1% White Milk

WG Cinnamon
Chex Cereal
Orange Wedges
1% White Milk

WG French Toast Sticks
Maple Syrup
Applesauce
1% White Milk

WG Cheerios Cereal
Fresh Fruit
1% White Milk