

October 2026

Please note: Menus are subject to change

District Breakfast Menu

Boo! Breakfast Is Waiting for You!



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.

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.

5
WG Warm Cinnamon
Toast Crunch Bar
Strawberries
100% Fruit Juice Box
Choice of Milk

6
WG Breakfast Pizza
Gala Apple
100% Fruit Juice Box
Choice of Milk

7
WG Assorted Cereal
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 Assorted Cereal
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 Pizza
Gala Apple
100% Fruit Juice Box
Choice of Milk

21
WG Assorted Cereal
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 Assorted Cereal
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