

BREAKFAST MENU - ALL SCHOOLS

Featured breakfast plus daily choices

**MEALS AT NO COST
FOR ALL STUDENTS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			October 1 Build Your Own Yogurt Parfait — Blueberry base + carb choices Grades K-5 Build Your Own Yogurt Bowl base + carb choices Grades 6-8, 9-12	October 2 Whole-Grain Breakfast Pizza 25 g
October 5 Scratch Cinnamon Roll Muffin ~40.9 g NY Yogurt — choose flavor carb choices	October 6 Egg & Cheese on a Whole-Grain Bagel 34 g	October 7 Whole-Grain French Toast Sticks carb choices	October 8 Build Your Own Yogurt Parfait — Peach base + carb choices Grades K-5 Build Your Own Yogurt Bowl base + carb choices Grades 6-8, 9-12	October 9 Whole-Grain Breakfast Pizza 25 g
October 12 Schools closed — no meal service	October 13 Egg & Cheese Breakfast Burrito ~47 g	October 14 Krusteaz Whole-Grain Waffle Sticks ~36 g	October 15 Build Your Own Yogurt Parfait — Apple base + carb choices Grades K-5 Build Your Own Yogurt Bowl base + carb choices Grades 6-8, 9-12	October 16 Whole-Grain Breakfast Pizza 25 g
October 19 Scratch Chocolate Chip Duo Muffin carb choices NY Yogurt — choose flavor carb choices	October 20 Egg & Cheese on a Whole-Grain Bagel 34 g	October 21 Whole-Grain French Toast Sticks carb choices	October 22 Build Your Own Yogurt Parfait — Strawberry base + carb choices Grades K-5 Build Your Own Yogurt Bowl base + carb choices Grades 6-8, 9-12	October 23 Whole-Grain Breakfast Pizza 25 g
October 26 Scratch Carrot Cake Muffin ~82 g NY Yogurt — choose flavor carb choices	October 27 Egg & Cheese Breakfast Burrito ~47 g	October 28 Krusteaz Whole-Grain Waffle Sticks ~36 g	October 29 Build Your Own Yogurt Parfait — Blueberry base + carb choices Grades K-5 Build Your Own Yogurt Bowl base + carb choices Grades 6-8, 9-12	October 30 Whole-Grain Breakfast Empanada 17 g

Daily choices and one-serving details
 Cheerios K-5 • Cheerios grades 6-12 • Bagel with cream cheese • Fruit choices K-5 • Fruit choices 6-8 • Fruit choices 9-12 • 1% white milk **12 g** • Fat-free white milk **12 g**

Menus may change based on availability.

Carbohydrates: grams (g). Ranges vary by grade and serving. Match the portion in Day details. Grade-specific choices are labeled.