

Stride Middle School Breakfast Menu

October
2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 "Start where you are. Use what you have. Do what you can." — Arthur Ashe	29	30	1 Chocolate Chip Muffin Cheese Stick OR Cocoa Puffs Cereal, WG Fun with D&J Crackers Fruit Selection 100% Apple Juice 1% Unflavored White Milk Fat Free Chocolate Milk	2 Strawberry Banana Yogurt Goldfish Graham Crackers OR Cocoa Puffs Cereal, WG Fun with D&J Crackers Fruit Selection 100% Orange Juice 1% Unflavored White Milk 1% low Fat Chocolate Milk
5 Apple Cinnamon Muffin Cheese Stick OR Cinnamon Toast Crunch Fun with D&J Crackers Fruit Selection 100% Grape Juice 1% Unflavored White Milk Fat Free Chocolate Milk	6 Breakfast Sandwich OR Cinnamon Toast Crunch Fun with D&J Crackers Fruit Selection 100% Apple Juice 1% Unflavored White Milk Fat Free Chocolate Milk	7 French Toast Bites, WG OR Cinnamon Toast Crunch Fun with D&J Crackers Fruit Selection 100% Grape Juice 1% Unflavored White Milk Fat Free Chocolate Milk	8 Pancake on a Stick, WG OR Cinnamon Toast Crunch Fun with D&J Crackers Fruit Selection 100% Apple Juice 1% Unflavored White Milk Fat Free Chocolate Milk	9 Cottage Cheese Cherry Tomato OR Cinnamon Toast Crunch Fun with D&J Crackers Fruit Selection 100% Orange Juice 1% Unflavored White Milk Fat Free Chocolate Milk
12 Cinnamon Cream Cheese Filled Bagel, WG OR Honey Cheerios Fun with D&J Crackers Fruit Selection 100% Grape Juice 1% Unflavored White Milk Fat Free Chocolate Milk	13 Yogurt Parfait with Strawberries & Cereal OR Honey Cheerios Fun with D&J Crackers Fruit Selection 100% Apple Juice 1% Unflavored White Milk Fat Free Chocolate Milk	14 No School!	15 No School!	16 No School!
19 Blueberry Muffin, WG Cheese Stick OR Trix Cereal Fun with D&J Crackers Fruit Selection 100% Grape Juice 1% Unflavored White Milk Fat Free Chocolate Milk	20 Pancake on a Stick, WG OR Trix Cereal Fun with D&J Crackers Fruit Selection 100% Apple Juice 1% Unflavored White Milk Fat Free Chocolate Milk	21 Apple Frudel, WG OR Trix Cereal Fun with D&J Crackers Fruit Selection 100% Grape Juice 1% Unflavored White Milk Fat Free Chocolate Milk	22 Turkey Sausage Breakfast Flatbread OR Trix Cereal Fun with D&J Crackers Fruit Selection 100% Apple Juice 1% Unflavored White Milk Fat Free Chocolate Milk	23 Chocolate Mini Long John Cheese Stick Trix Cereal Fun with D&J Crackers Fruit Selection 100% Apple Juice 1% Unflavored White Milk Fat Free Chocolate Milk
26 Brekkie, WG OR Cocoa Puffs Cereal, WG Fun with D&J Crackers Fruit Selection 100% Grape Juice 1% Unflavored White Milk Fat Free Chocolate Milk	27 French Toast Sticks, WG OR Cocoa Puffs Cereal, WG Fun with D&J Crackers Fruit Selection 100% Apple Juice 1% Unflavored White Milk Fat Free Chocolate Milk	28 Peach Yogurt Cup Goldfish Graham Crackers OR Cocoa Puffs Cereal, WG Fun with D&J Crackers Fruit Selection 100% Grape Juice 1% Unflavored White Milk Fat Free Chocolate Milk	29 Cinnamon Roll, WG OR Cocoa Puffs Cereal, WG Fun with D&J Crackers Fruit Selection 100% Apple Juice 1% Unflavored White Milk Fat Free Chocolate Milk	30 Cocoa Puffs Cereal Bar, WG Cheese Stick OR Choice of Cereal Fun with D&J Crackers Fruit Selection 100% Apple Juice 1% Unflavored White Milk Fat Free Chocolate Milk

PRICES

Special Diet forms are available for students with special dietary needs!

EXTRA INFO

You have a choice of breakfast! But you must have a 1/2 cup of fruit or a 1/2 cup of juice to make it a complete meal!

HARVEST OF



THE MONTH

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