



AUBURN SCHOOL DISTRICT

Middle School BREAKFAST - OCTOBER 2026

MENU SELECTIONS MAY CHANGE BASED ON PRODUCT AVAILABILITY

AVAILABLE DAILY Variety of Cold Cereal Yogurt & Graham Crackers or Granola Variety of Muffins Variety of Breakfast Bars All Meals include Fresh Fruit & Choice of Milk Choose 3 food items for a complete meal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				OCTOBER 1 Whole Grain Cinnamon Roll	OCTOBER 2 Egg and Melted Cheese on an English Muffin
	OCTOBER 5 Egg Omelet & Whole Grain Waffle	OCTOBER 6 Breakfast Burrito	OCTOBER 7 Yogurt Smoothie with Crackers	OCTOBER 8 Whole Grain Cinnamon Roll	OCTOBER 9 Egg and Melted Cheese on an English Muffin
	OCTOBER 12 Egg Omelet & Whole Grain Waffle	OCTOBER 13 Breakfast Burrito	OCTOBER 14 Yogurt and Fruit Parfait	OCTOBER 15 Whole Grain Cinnamon Roll	OCTOBER 16 Egg and Melted Cheese on an English Muffin
	OCTOBER 19 Egg Omelet & Whole Grain Waffle	OCTOBER 20 Breakfast Burrito	OCTOBER 21 Yogurt Smoothie with Crackers	OCTOBER 22 Whole Grain Cinnamon Roll	OCTOBER 23 Egg and Melted Cheese on an English Muffin
	OCTOBER 26 Egg Omelet & Whole Grain Waffle	OCTOBER 27 Breakfast Burrito	OCTOBER 28 Yogurt and Fruit Parfait	OCTOBER 29 Whole Grain Cinnamon Roll	OCTOBER 30 Egg and Melted Cheese on an English Muffin

FRUIT INCLUDES A ROTATING SELECTION OF: APPLES, ORANGES, KIWI, PINEAPPLE, MELON, AND OTHER SEASONAL ITEMS

STAY UP TO DATE AT: WWW.AUBURN.WEDNET.EDU/CHILDNUTRITION

THE USDA & THIS INSTITUTION ARE EQUAL OPPORTUNITY PROVIDERS & EMPLOYERS



AUBURN SCHOOL DISTRICT

Middle School LUNCH - OCTOBER 2026

MENU SELECTIONS MAY CHANGE BASED ON PRODUCT AVAILABILITY

AVAILABLE DAILY

Variety of Sandwiches
Yogurt & Graham
Crackers or Granola

Pizza or Burgers
All Meals include Fresh
Fruit & Vegetable Bar &
Choice of Milk

Choose 3 components
(food groups) for a
complete meal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			OCTOBER 1 Teriyaki Chicken with Brown Rice	OCTOBER 2 Tacos
OCTOBER 5 Homemade Lasagna with Garlic Bread	OCTOBER 6 Indian Butter Chicken with Naan	OCTOBER 7 Northwest Salmon with a Dinner Roll (Taste Washington Day)	OCTOBER 8 Orange Chicken with Brown Rice	OCTOBER 9 Quesadilla
OCTOBER 12 Macaroni and Cheese with Garlic Bread and Locally Grown Roasted Squash	OCTOBER 13 Meatball Sub Sandwich	OCTOBER 14 Fish Sticks and Corn Bread	OCTOBER 15 Chinese Beef and Broccoli with Brown Rice	OCTOBER 16 Bean and Cheese Enchilada
OCTOBER 19 Spaghetti with Meatballs	OCTOBER 20 Hot Caprese Sandwich	OCTOBER 21 Chicken Potstickers with Fried Rice	OCTOBER 22 Spicy Korean Chicken with Brown Rice	OCTOBER 23 Bean or Beef Nachos
OCTOBER 26 Cheese Filled Bread Stick with Marinara Dipping Sauce	OCTOBER 27 Chicken Nuggets and Tater Tots (National Potato Day)	OCTOBER 28 Breakfast for Lunch: Scrambled Eggs and Waffles	OCTOBER 29 Sweet and Sour Chicken with Brown Rice	OCTOBER 30 Hot Dog

FRUIT AND VEGETABLE BAR INCLUDES A ROTATING SELECTION OF: SALADS, BROCCOLI, RED BELL PEPPERS, TOMATOES, CARROTS, CORN, GREEN PEAS, CUCUMBERS, CAULIFLOWER, CELERY, COLESLAW, APPLES, ORANGES, KIWI, PINEAPPLE, MELON, AND OTHER SEASONAL ITEMS

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