



October 5 – 9, 2026

October 2026 Middle School Breakfast

Breakfast is FREE for all students!

Milk only: \$0.50

Staff Breakfast: \$3.25



This institution is an equal opportunity provider. Menu subject to change based on product availability.

Questions? Contact Food Services at
(860) 449-7208



Monday	Tuesday	Wednesday	Thursday	Friday
Students are offered at least three breakfast components: milk, fruit, and a whole grain. Students must select at least three items, and one of those items must be a fruit, to make a complete breakfast.		CT Grown for CT Kids Week October 5-9 Celebrating CT Farmers and the fresh ingredients in our school cafeterias!	10/1 Warm Breakfast Sandwich, 100% Juice, Assorted Fruit, Milk	10/2 Mini Bagel w/ Strawberry Creamy Cheese 100% Juice, Assorted Fruit, Milk
10/5 Assorted Cereal Assorted Fruit 100% Juice, Milk	10/6 - Early Dismissal Donut Holes String Cheese Local Whittle's Apples (Mystic, CT), Milk	10/7 Mini Cinni 100% Juice, Assorted Fruit, Milk	10/8 Pumpkin Bread Local Yogurt-Stani Dairy (Ansonia, CT) Assorted Fruit, Milk	10/9 Crumb Cake 100% Juice Assorted Fruit, Milk
10/12 No School!	10/13 Glazed Donut String Cheese Assorted Fruit, Milk	10/14 House Made Muffin Yogurt Assorted Fruit, Milk	10/15 Mini Cinni Yogurt Assorted Fruit, Milk	10/16 Chocolate Filled Crescent String Cheese Assorted Fruit, Milk
10/19 Assorted Cereal Assorted Fruit 100% Juice, Milk	10/20 Pull Apart Breakfast Bread String Cheese Assorted Fruit, Milk	10/21 Warm Breakfast Sandwich, 100% Juice, Assorted Fruit, Milk	10/22 Blueberry Bread String Cheese Assorted Fruit, Milk	10/23 Pancake Puffs 100% Juice Assorted Fruit, Milk
10/26 Assorted Cereal Assorted Fruit 100% Juice, Milk	10/27 Sweet Bun String Cheese Assorted Fruit, Milk	10/28 - Early Dismissal House Made Muffin Yogurt Assorted Fruit, Milk	10/29 - Early Dismissal Warm Breakfast Sandwich, 100% Juice, Assorted Fruit, Milk	10/30 - Early Dismissal Donut Holes String Cheese Assorted Fruit, Milk