

OCTOBER 2026

BREAKFAST K-12

Monday

Tuesday

Wednesday

Thursday

Friday

Cinnamon Roll Day is October 4. Start your day in a fun way with a cinnamon roll.
Don't forget to add a glass of milk and a side of fruit to complete your meal!



5 WG Apple Jack's (1 oz.)
WG Slice Bread
Buttered Toasted (1 oz.)
Pineapple Chunks (1 Cup)
1% White Milk or Assorted Flavored
Fat Free Milk (8 oz.)

6 Grilled Cheese Sandwich
WG Sliced Bread (2 Slices)
Sliced Cheese (1 oz.)
100% Fruit Juice (1/2 Cup)
Cinnamon Applesauce (1 /2 Cup)
1% White Milk or Assorted Flavored
Fat Free Milk (8 oz.)

7 WG Waffles (1 oz.)
Turkey Sausage (1 oz.)
Fruit Cocktail (1 Cup)
1% White Milk or Assorted
Flavored Fat Free Milk (8 oz.)
Alt: Veggie Sausage (2 oz.)
Condiment. PC Syrup

8 WG Slice Bread (2 Slice)
Scrambled Eggs (1 oz.)
100% Fruit Juice (1 Cup)
1% White Milk or Assorted Flavored
Fat Free Milk (8 oz.)
Alt. Scrambled Tofu (2.2 oz.)

9 WG Hot Oatmeal (1 cup)
Slice Peaches (1 Cup)
1% White Milk or Assorted
Flavored Fat Free Milk (8 oz.)

12 HOLIDAY

13 WG Cream of Wheat (1 cup)
Mandarin Orange (1 Cup)
1% White Milk or Assorted
Flavored Fat Free Milk (8 oz.)

14 Turkey Sausage (1 oz.)
WG Sliced Bread (2 slices)
Pineapple Chunks (1 Cup)
1% White Milk or Assorted
Flavored Fat Free Milk (8 oz.)
Alt. Sliced Cheese (1 oz.)

15 WG Tater Tots (1 oz.)
Scrambled Eggs (1 oz.)
Apple sauce (1 Cup)
1% White Milk or Assorted Flavored
Fat Free Milk (8 oz.)
Alt. Scrambled Tofu (2.2 oz.)

16 WG Assorted Cereal (1 oz.)
WG Buttered Toast Slice Bread
(1 oz.)
Tropical Fruits (1 Cup)
1% White Milk or Assorted
Flavored Fat Free Milk (8 oz.)

19 PROFESSIONAL
DEVELOPMENT

20 WG Hot Oatmeal (1 Cup)
100%Fruit Juice (1/2 Cup)
Slice Peaches (1/2 Cup)
1% White Milk or Assorted
Flavored Fat Free Milk (8 oz.)

21 Grilled Cheese Sandwich
WG Sliced Bread (2 Slices)
Sliced Cheese (1 oz.)
Cinnamon Applesauce (1 Cup)
1% White Milk or Assorted
Flavored Fat Free Milk (8 oz.)

22 WG Frosted Flakes (1 oz.)
WG Slice Bread
Buttered Toasted (1 oz.)
Fruit Cocktail (1 Cup)
1% White Milk or Assorted Flavored
Fat Free Milk (8 oz.)

23 Peanut Butter & Jelly (1 oz.)
WG Sliced Bread (2 slices)
100% Fruit Juice (1 Cup)
1% White Milk or Assorted Flavored
Fat Free Milk (8 oz.)
Alt. Grilled Cheese Sandwich

26 WG Cream of Wheat (1 Cup)
Sliced Peaches (1 Cup)
1% White Milk or Assorted
Flavored Fat Free Milk (8 oz.)

27 Grilled Cheese Sandwich
Sliced Cheese (1 oz.)
WG Sliced Bread (2 slices)
Pear Halves (1 Cup)
1% White Milk or Assorted
Flavored Fat Free Milk (8 oz.)

28 Turkey Bacon (1 oz.)
WG Pancakes (1 oz.)
100% Grape Juice (1/2 cup)
Tropical Fruits (1/2 Cup)
1% White Milk or Assorted Flavored
Fat Free Milk (8 oz.)
Condiment. PC Syrup

29 Tuna Salad (1oz.)
WG Croissants (1.5 oz.)
Slice Pineapples (1 Cup)
1% White Milk or Assorted
Flavored Fat Free Milk (8 oz.)
Alt. Sliced Cheese (1 oz.)

30 Apple Jacks Cereal (1 oz.)
WG Slice Bread Buttered Toasted
(1 oz.)
Mandarin Oranges (1 cup)
1% White Milk or Assorted
Flavored Fat Free Milk (8 oz.)