

# Somis School Breakfast Menu October 2026

| MONDAY |                                                                                   | TUESDAY |                                                                                   | WEDNESDAY |                                                                                    | THURSDAY |                                                                   | FRIDAY |                                                                      |
|--------|-----------------------------------------------------------------------------------|---------|-----------------------------------------------------------------------------------|-----------|------------------------------------------------------------------------------------|----------|-------------------------------------------------------------------|--------|----------------------------------------------------------------------|
|        |  |         |  |           |  | 1        | Waffle Chicken<br>Sandwich<br>Eggs<br>Apples<br>Choice of milk    | 2      | Cereal<br>Cheese Stick<br>Apple Juice<br>Apples<br>Choice of milk    |
| 5      | Pancakes<br>Yogurt<br>Orange Juice<br>Apples<br>Choice of milk                    | 6       | Apple Frudel<br>Cheese Stick<br>Apple Slices<br>Choice of milk                    | 7         | Muffins<br>Yogurt<br>Orange Juice<br>Apple Slices<br>Choice of milk                | 8        | French Toast<br>Eggs<br>Orange Smiles<br>Choice of milk           | 9      | Cereal<br>Cheese Stick<br>Grape Juice &<br>Apples<br>Choice of milk  |
| 12     | Mini Bagelful<br>Apple Juice<br>Apples<br>Cheese Stick<br>Choice of milk          | 13      | Warm Pretzel<br>Yogurt<br>Apple Slices<br>Choice of milk                          | 14        | Muffins<br>Yogurt & Applesauce<br>Orange Juice<br>Choice of milk                   | 15       | Conchas<br>Eggs<br>Orange Smiles<br>Choice of milk                | 16     | Cereal<br>Cheese Stick<br>Orange Juice &<br>Apples<br>Choice of milk |
| 19     | Apple Frudel<br>Yogurt<br>Apples<br>Apple Juice<br>Choice of milk                 | 20      | Cinnamon Rolls<br>Apple Juice<br>Orange Slices<br>Cheese Stick<br>Choice of milk  | 21        | Muffins<br>Yogurt<br>Orange Juice<br>Applesauce<br>Choice of milk                  | 22       | Pancakes<br>Eggs<br>Orange Smiles<br>Choice of milk               | 23     | Cereal<br>Cheese Stick<br>Grape Juice<br>Apples<br>Choice of milk    |
| 26     | Conchas<br>Yogurt<br>Apple Juice<br>Apples<br>Choice of milk                      | 27      | French Toast<br>Egg<br>Orange Smiles<br>Choice of milk                            | 28        | Muffins<br>Yogurt<br>Orange Juice<br>Apple Slices<br>Choice of milk                | 29       | Cereal<br>Cheese Stick<br>Grape Juice<br>Apples<br>Choice of milk | 30     |                                                                      |

Menu subject to substitution. All breakfasts are served with fresh apples or oranges. Only one breakfast per student each day.

This institution is an equal opportunity provider.