

Gaston Café Breakfast Menu



October 2026

A Variety of Fresh and Canned Fruit, Low-Fat and Fat-Free Milk, Served Daily with Breakfast in Addition to Selections Below

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Mini French Toast (v) Bagel & Cream Cheese Assorted Breakfast Bar Assorted Cereal	2 Blueberry Muffin Square (v) Bagel & Cream Cheese Assorted Breakfast Bar Assorted Cereal
5 Apple Frudel (v) Bagel & Cream Cheese Assorted Breakfast Bar Assorted Cereal	6 Ultimate Breakfast Round (v) Bagel & Cream Cheese Assorted Breakfast Bar Assorted Cereal	7 Sausage Breakfast Pizza Bagel & Cream Cheese Assorted Breakfast Bar Assorted Cereal	8 Mini Maple Pancakes(v) Bagel & Cream Cheese Assorted Breakfast Bar Assorted Cereal	9 NO SCHOOL K-12th
12 Ultimate Breakfast Round (v) Bagel & Cream Cheese Assorted Breakfast Bar Assorted Cereal	13 Mini French Toast(v) Bagel & Cream Cheese Assorted Breakfast Bar Assorted Cereal	14 Cinnamon Pancake Bites(v) Bagel & Cream Cheese Assorted Breakfast Bar Assorted Cereal	15 French Toast Sticks (v) Bagel & Cream Cheese Assorted Breakfast Bar Assorted Cereal	16 Blueberry Muffin Square(v) Bagel & Cream Cheese Assorted Breakfast Bar Assorted Cereal
19 Apple Muffin (v) Bagel & Cream Cheese Assorted Breakfast Bar Assorted Cereal	20 Min Confetti Pancakes (v) Bagel & Cream Cheese Assorted Breakfast Bar Assorted Cereal	21 Ham & Cheese Muffin Bagel & Cream Cheese Assorted Breakfast Bar Assorted Cereal	22 Mini French Toast (v) Bagel & Cream Cheese Assorted Breakfast Bar Assorted Cereal	23 NO SCHOOL K-12th
26 Cherry Frudel (v) Bagel & Cream Cheese Assorted Breakfast Bar Assorted Cereal	27 Ultimate Breakfast Round(v) Bagel & Cream Cheese Assorted Breakfast Bar Assorted Cereal	28 Sausage Breakfast Pizza(v) Bagel & Cream Cheese Assorted Breakfast Bar Assorted Cereal	29 Mini MApple Pancakes (v) Bagel & Cream Cheese Assorted Breakfast Bar Assorted Cereal	30 Bannana Muffin Square (v) Bagel & Cream Cheese Assorted Breakfast Bar Assorted Cereal

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