

Monday

Tuesday

Wednesday

Thursday

Friday



5

Maple Glazed Pancakes
Fruit
Milk

6

Yogurt Parfait
Fruit
Milk

7

Apple Cinnamon Roll
Fruit
Milk

8

Low Sugar Pop Tarts
or Nutri-grain Bar
Fruit
Milk

9

Breakfast Sandwich
Egg & Cheese on Bagel
Fruit
Milk

12

Waffle Sticks
Fruit
Milk

13

Cinnamon Swirl Roll
Fruit
Milk

14

Cereal Bar
Fruit
Milk

15

Assorted Muffins
Fruit
Milk

16

Breakfast Wrap
Bacon, Egg & Cheese
Fruit
Milk

19

Maple Glazed Pancakes
Fruit
Milk

20

Yogurt Parfait
Fruit
Milk

21

Apple Cinnamon Roll
Fruit
Milk

22

Low Sugar Pop Tarts
or Nutri-grain Bar
Fruit
Milk

23

Breakfast Sandwich
Egg & Cheese on Bagel
Fruit
Milk

26

Waffle Sticks
Fruit
Milk

27

Cinnamon Swirl Roll
Fruit
Milk

28

Cereal Bar
Fruit
Milk

29

Assorted Muffins
Fruit
Milk

30

Breakfast Wrap
Bacon, Egg & Cheese
Fruit
Milk

A variety of fresh fruits and 100% fruit juice are available daily with all breakfast meals.
In addition to the menu of the day, students may choose from a variety of cereals to complete a meal.
Yogurt, String Cheese and Milk are available daily with all breakfast meals.

OCTOBER 2026

Academy of International Studies K-5

Menu Subject to Change

Monday

Tuesday

Wednesday

Thursday

Friday



5

Mini Corn Dog Nuggets
Sweet Potato Fries
Baked Beans

6

French Toast Sticks
Vege- Blend Juice
Hash Brown
Sausage Links

7

Breaded Chicken Bites
Dinner Roll
Green Beans

1

Pasta & Meat sauce
Broccoli

2

Stuffed Crust Pizza Wedge
Chickpea Salad

12

Indigenous People Day

13

Beef Hot Dog
Sweet Potato Puffs
Baked Beans

14

Mozzarella Sticks
Marinara Sauce
Roasted Broccoli

15

Beef & Cheese Nachos
Rice
Corn

16

Pizza Round
Cucumber Coins
Low Fat Dip

19

Bosco Cheese Stick
Marinara Sauce
Green Beans

20

Chicken Patty
Corn

21

Grilled Cheese
Potato Puffs

22

Hamburger or Cheeseburger
Sweet Potato Fries
Baked Beans

23

Pizza Square 4x6
Garden Salad

26

Breaded Chicken Drumstick
Or
Chicken Nuggets
French Fries

27

Mac & Cheese
Roasted Broccoli

28

Chicken Quesadilla
Fiesta Beans

29

Popcorn Chicken
Mashed Potato

30

Pizza Wedge
Carrot Sticks
Low Fat Dip

A variety of fresh fruit and vegetables are included with all meals.
8 ounce serving of milk is included with all meals.
Choices of milk include fat free chocolate, 1% white and Lactaid.

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