



BREAKFAST

OCTOBER 2026 CREEKSIDE MIDDLE 7TH-8TH

FREE BREAKFAST FOR ALL STUDENTS
SERVED DAILY HALF HOUR BEFORE
SCHOOL STARTS!!



Monday

Tuesday

Wednesday

Thursday

Friday



5

ASSORTED COLD CEREALS
HOMEMADE EGG BITES
BANANA BREAD LOAF
FRESH FRUIT SALAD

6

ASSORTED COLD CEREALS
CINNAMON ROLL WG
HARD BOILED EGG/STRING CHEESE
FRESH SEASONAL FRUIT

7

ASSORTED COLD CEREALS
MAPLE WAFFLES
CHICKEN SAUSAGE
ORANGE JUICE

1

ASSORTED COLD CEREALS
FRESH BAGELS
FRESH SEASONAL FRUIT

2

ASSORTED COLD CEREALS
FRESH TOAST STICKS
TURKEY BACON
FRESH MELON

12

ASSORTED COLD CEREALS
EGG & CHEESE BREAKFAST
CROISSANT SANDWICH
FRESH SEASONAL FRUIT

13

ASSORTED COLD CEREALS
ASSORTED YOGURT CUP
NATURE VALLEY GRANOLA BAR
FRESH SEASONAL FRUIT

14

ASSORTED COLD CEREALS
EGG, TURKEY & CHEESE CALZONE
FRESH SEASONAL FRUIT

15

ASSORTED COLD CEREALS
BREAKFAST SMOOTHIE
KASHI STRAWBERRY BANANA
CRUNCH CEREAL POUCH
FRESH FRUIT SALAD

16

ASSORTED COLD CEREALS
FRENCH TOAST STICKS
FRESH SEASONAL FRUIT

19

ASSORTED COLD CEREALS
EGGSTRAVAGANZA
MINI BAGEL
FRESH SEASONAL FRUIT

20

ASSORTED COLD CEREALS
YOGURT PARFAIT
FRESH SEASONAL FRUIT

21

ASSORTED COLD CEREALS
BLUEBERRY MUFFIN
CANADIAN HAM
FRESH SEASONAL FRUIT

22

ASSORTED COLD CEREALS
CHEESE OMELETTE
WG ROLL
FRESH SEASONAL FRUIT

23

STAFF WORKDAY
NO STUDENTS

26

ASSORTED COLD CEREALS
EGG BREAKFAST WRAP
FRESH SEASONAL FRUIT

27

ASSORTED COLD CEREALS
CINNAMON RAISIN TOAST
SCRAMBLED EGGS
FRESH SEASONAL FRUIT

28

ASSORTED COLD CEREALS
LOW SUGAR GREEK YOGURT
BAKED SCONE
FRESH BERRIES

29

ASSORTED COLD CEREALS
PUMPKIN BREAD
STRING CHEESE
FRESH MELON

30

ASSORTED COLD CEREALS
FRIED EGG SANDWICH
ON TOASTED ENGLISH MUFFIN
FRESH SEASONAL FRUIT

MENU SUBJECT TO CHANGE
ALL MEALS INCLUDE: PROTEIN ENTRÉE, WHOLE GRAINS AND FRESH FRUIT
CHOICE OF MILK: LOW-FAT, SOY OR ALMOND MILK

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER