



October 2025

Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		- Sausage & Cheese Bagel Sandwich - Frosted Cinnamon Pop-Tart - Frosted Fudge Pop-Tart - Low Fat Mozzarella String Cheese - Fresh Granny Smith Apple - Apple Juice - Fruit Punch - Orange Pineapple Juice 1% Low-fat Milk - Chocolate Low Fat Milk	- Cherry Frudel - Cinnamon Toast Crunch Cereal Bar - Cocoa Puffs Cereal Bar - Trix Cereal Bar - Honey Graham Crackers - Tropical Fruit Cocktail - Apple Juice - Fruit Punch - Orange Pineapple Juice 1% Low-fat Milk - Chocolate Low Fat Milk	- Berry Parfait with Cheerios - Honey Graham Crackers - Whole Grain Blueberry Muffin - WG Banana Muffin - Whole Grain Apple Cinnamon Muffin - WG Chocolate Chocolate Chip Muffin - Low Fat Mozzarella String Cheese - Fresh Granny Smith Apple - Apple Juice - Fruit Punch - Orange Pineapple Juice 1% Low-fat Milk - Chocolate Low Fat Milk
6	7	8	9	10
- Southwest Chicken Filet Sandwich - Turkey Sausage Patty - Breakfast Syrup - Whole Grain Blueberry Muffin - WG Banana Muffin - Whole Grain Apple Cinnamon Muffin - WG Chocolate Chocolate Chip Muffin - Low Fat Mozzarella String Cheese - Fresh Red Delicious Apple - Apple Juice - Fruit Punch - Orange Pineapple Juice 1% Low-fat Milk - Chocolate Low Fat Milk	- Sausage, Cheese & Biscuit Sandwich - Cinnamon Toast Crunch - Reduced Sugar Trix - Apple Cinnamon Cheerios - Cheerios - Honey Graham Crackers - Cinnamon Diced Pears - Apple Juice - Fruit Punch - Orange Pineapple Juice 1% Low-fat Milk - Chocolate Low Fat Milk	- Whole Grain Waffles - Breakfast Syrup - Frosted Cinnamon Pop-Tart - Frosted Fudge Pop-Tart - Low Fat Mozzarella String Cheese - Fresh Red Delicious Apple - Apple Juice - Fruit Punch - Orange Pineapple Juice 1% Low-fat Milk - Chocolate Low Fat Milk	- Scrambled Eggs with Cheddar Cheese - Fresh Baked Whole Grain Biscuit - Grape Jelly - Whole Grain Blueberry Muffin - WG Banana Muffin - Whole Grain Apple Cinnamon Muffin - WG Chocolate Chocolate Chip Muffin - Honey Graham Crackers - Fresh Banana - Apple Juice - Fruit Punch - Orange Pineapple Juice 1% Low-fat Milk - Chocolate Low Fat Milk	
13	14	15	16	17
- Apple Frudel - Whole Grain Blueberry Muffin - WG Banana Muffin - Whole Grain Apple Cinnamon Muffin - WG Chocolate Chocolate Chip Muffin - Low Fat Mozzarella String Cheese - Fresh Orange - Apple Juice - Fruit Punch - Orange Pineapple Juice 1% Low-fat Milk - Chocolate Low Fat Milk	- Chicken Tenders - Whole Grain Waffle - Breakfast Syrup - Cinnamon Toast Crunch Cereal Bar - Cocoa Puffs Cereal Bar - Trix Cereal Bar - Honey Graham Crackers - Tropical Fruit Cocktail - Apple Juice - Fruit Punch - Orange Pineapple Juice 1% Low-fat Milk - Chocolate Low Fat Milk	- Whole Grain Panckae Donut bites with Blueberries - Frosted Cinnamon Pop-Tart - Frosted Fudge Pop-Tart - Low Fat Mozzarella String Cheese - Blueberries - Apple Juice - Fruit Punch - Orange Pineapple Juice 1% Low-fat Milk - Chocolate Low Fat Milk	- Strawberry Cream Cheese Stuffed Bagel - Cinnamon Toast Crunch Cereal Bar - Cocoa Puffs Cereal Bar - Trix Cereal Bar - Honey Graham Crackers - Tropical Fruit Cocktail - Apple Juice - Fruit Punch - Orange Pineapple Juice 1% Low-fat Milk - Chocolate Low Fat Milk	

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- Skewered Sausage Pancake
- Whole Grain Blueberry Muffin
- WG Banana Muffin
- Whole Grain Apple Cinnamon Muffin
- WG Chocolate Chocolate Chip Muffin
- Low Fat Mozzarella String Cheese
- Fresh Red Delicious Apple
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

21

- Whole Grain Waffles
- Breakfast Syrup
- Cinnamon Toast Crunch
- Reduced Sugar Trix
- Apple Cinnamon Cheerios
- Cheerios
- Honey Graham Crackers
- Fresh Orange
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

22

- Turkey Sausage & Egg on English Muffin
- Frosted Cinnamon Pop-Tart
- Frosted Fudge Pop-Tart
- Low Fat Mozzarella String Cheese
- Fresh Red Delicious Apple
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

23

- Iced Cinnamon Roll
- Turkey Sausage Patty
- Cinnamon Toast Crunch
- Reduced Sugar Trix
- Apple Cinnamon Cheerios
- Cheerios
- Honey Graham Crackers
- Fresh Orange
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

24

- Sausage, Cheese & Biscuit Sandwich
- Mixed Berry Smoothie
- Cinnamon Granola
- Low Fat Mozzarella String Cheese
- Fresh Banana
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

27

- Breakfast Turkey Sausage Pizza
- Whole Grain Blueberry Muffin
- WG Banana Muffin
- Whole Grain Apple Cinnamon Muffin
- WG Chocolate Chocolate Chip Muffin
- Low Fat Mozzarella String Cheese
- Fresh Orange Wedges
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

28

- Whole Grain Pancake Donut bites with Strawberries
- Cinnamon Toast Crunch Cereal Bar
- Cocoa Puffs Cereal Bar
- Trix Cereal Bar
- Honey Graham Crackers
- Tropical Fruit Cocktail
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

29

- Sausage & Cheese Bagel Sandwich
- Frosted Cinnamon Pop-Tart
- Frosted Fudge Pop-Tart
- Low Fat Mozzarella String Cheese
- Fresh Granny Smith Apple
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

30

- Cherry Frudel
- Cinnamon Toast Crunch Cereal Bar
- Cocoa Puffs Cereal Bar
- Trix Cereal Bar
- Honey Graham Crackers
- Tropical Fruit Cocktail
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

31

- Berry Parfait with Cheerios
- Honey Graham Crackers
- Whole Grain Blueberry Muffin
- WG Banana Muffin
- Whole Grain Apple Cinnamon Muffin
- WG Chocolate Chocolate Chip Muffin
- Low Fat Mozzarella String Cheese
- Fresh Granny Smith Apple
- Apple Juice
- Fruit Punch
- Orange Pineapple Juice
- 1% Low-fat Milk
- Chocolate Low Fat Milk

If you have a food allergy or intolerance, please notify us. Ask your cafeteria manager if changes were made to today's menu so we can help keep you safe!

Adult Meal Prices Adult Breakfast: \$2.84, Adult Lunch: \$5.29, White Milk: \$0.60, Chocolate Milk: \$0.65

Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.

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