

Fall 2026 Breakfast Menu

All students can receive one free breakfast. Second & Adult Breakfasts cost \$2.55. Menus are subject to change without notice.

WG = Whole Grain LF = Low Fat

Week of September 7, 21, October 5, 19; November 2, 16, 30

WG French Toast Sticks Hard Boiled Egg Fruit Choice Milk Choice	Yogurt Parfait Bar with Homemade Granola Fruit and Juice Choice Milk Choice	WG Chicken Sausage Patty and Cheese Breakfast Sandwich Fruit Choice Milk Choice	WG Brekkie Fruit and Juice Choice Milk Choice	Assorted WG Snack Bread Fruit Choice Milk Choice
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Week of September 14, 28; October 12, 26; November 9, 23

Cheesy Omelet Breakfast Potato Fruit and Juice Choice Milk Choice	Fruit and Yogurt Smoothie WG Graham Crackers Fruit Choice Milk Choice	WG Chicken Sausage Patty and Cheese Breakfast Sandwich Fruit Choice Milk Choice	WG Mini Benefit Bar Yogurt Cup Fruit Choice Milk Choice	WG Homeade Muffin Top Cheese Stick Fruit Choice Milk Choice
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Offered daily: cold cereal choices, wheat toast, milk, fruit choices, and 100% fruit juice.



Keys to Success with School Breakfast:

1. Start the day with whole grains and protein
2. Increase your ability to focus
3. Decrease lost time from school from illness
4. Consume 1/3 of your daily calories
5. Get the energy you need to perform your best at school

Breakfast is important...fuel up to help your day take off!

Simple breakfast ideas:

Banana with peanut butter
Banana sliced into yogurt
Oatmeal with fruit
Tortilla with peanut butter and fruit
Breakfast smoothies - berries, milk, yogurt, ice
String cheese and apple slices
Cold cereal mixed in low-fat yogurt
WG Granola bar and fresh fruit