

## Breakfast Menu

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>Breakfast Menu</b> <b>Offer A Choice:</b>  Whole Grain Mini Pancake w/ Turkey Sausage Patty  <b>Or</b> Scrambled Egg Seasoned Corn Grits / Golden Toast  <b>Offer: Two of The Three Items:</b>  Chilled Orange Juice Fresh Apple Quarters Canned Mixed Fruit  <i>Chilled Assorted Fat – Free / Low Fat Milk</i>	<b>2</b> <b>Breakfast Menu</b> <b>Offer A Choice:</b>  Fruity Oatmeal w/ Golden Toast / Sliced Ham Finger  <b>Or</b> Whole Grain Assorted Toaster Pastry Scrambled Egg  <b>Offer: Two of The Three Items:</b>  Chilled Apple Juice Cubed Cantaloupe Canned Diced Pears  <i>Chilled Assorted Fat – Free / Low Fat Milk</i>	<b>3</b> <b>Breakfast Menu</b> <b>Offer A Choice:</b>  Whole Grain Graham Crackers w/ Berry Yogurt Parfait  <b>Or</b> Open Face Cheese Toast w/ Boiled Egg  <b>Offer: Two of The Three Items:</b>  Chilled Orange Juice Fresh Banana Canned Sliced Peaches  <i>Chilled Assorted Fat – Free / Low Fat Milk</i>
<b>6</b> <b>Breakfast Menu</b> <b>Offer A Choice:</b>  Fruity Cinnamon Oatmeal w/ Golden Toast / Cheese & Bacon Egg Bites  <b>Or</b> Whole Grain Assorted Muffin ( 1 ) Sliced Bacon Strip  <b>Offer Two of The Three Items:</b> Chilled Apple Juice Fresh Mixed Berry Cup Canned Mixed Fruit	<b>7</b> <b>Breakfast Menu</b> <b>Offer A Choice:</b>  Seasoned Corn Grits w/ Canadian Bacon / Golden Toast  <b>Or</b> Whole Grain Assorted Toaster Pastry Colby Cheese Omelet  <b>Offer Two of The Three Items:</b> Chilled Orange Juice Cubed Cantaloupe Canned Diced Pears	<b>8</b> <b>Breakfast Menu</b> <b>Offer A Choice:</b>  Whole Grain Graham Crackers w / Yogurt Parfait / Cheese Stick  <b>Or</b> Breakfast Bar Whole Grain Strawberry (Nutri Grain) ( 1 ) Sliced Bacon Strip  <b>Offer Two of The Three Items:</b> Chilled Apple Juice Fresh Orange Wheels Canned Sliced Peaches	<b>9</b> <b>Breakfast Menu</b> <b>Offer A Choice:</b>  Cheesy Corn Grits w/ Turkey Sausage Link  <b>Or</b> Whole Grain Mini French Toast w/ syrup / Scrambled Egg  <b>Offer Two of The Three Items:</b> Chilled Orange Juice Fresh Apple Quarter Canned Pineapple Tidbits	<b>10</b> <b>Breakfast Menu</b> <b>Offer A Choice:</b>  Whole Grain Mini Pancake w/ syrup Turkey Sausage Patty  <b>Or</b> Whole Grain Assorted Cereal / Golden Toast/ Cheese Stick  <b>Offer Two of The Three Items:</b> Chilled Apple Juice Fresh Banana Canned Orange Mandarin Section

<p>Fresh Diced Strawberry Cup Canned Mixed Fruit</p> <p><b>Chilled Assorted Fat _ Free / Low Fat Milk</b></p>	<p>Cubed Cantaloupe Canned Pineapple Tidbits</p> <p><b>Chilled Assorted Fat – Free / Low Fat Milk</b></p>	<p>Assorted Grapes Canned Sliced Peaches</p> <p><b>Chilled Assorted Fat – Free / Low Fat Milk</b></p>	<p>Orange Circles Canned Diced Pears</p> <p><b>Chilled Assorted Fat – Free / Low Fat Milk</b></p>	<p>Fresh Banana Canned Orange Mandarin</p> <p><b>Chilled Assorted Fat - Free / Low Fat Milk</b></p>
<p><b>27</b> <b>Breakfast Menu</b> <b>Offer A Choice:</b></p> <p>Whole Grain Assorted Cereal w/ Cheese Stick / Golden Toast <b>Or</b> Whole Grain Assorted Muffin ( 1) Sliced Bacon Strip</p> <p><b>Offer Two of The Three Item:</b></p> <p>Chilled Orange Juice Canned Apricots Fresh Assorted Grapes</p> <p><b>Chilled Assorted Fat - Free / Low Fat Milk</b></p>	<p><b>28</b> <b>Breakfast Menu</b> <b>Offer A Choice:</b></p> <p>Seasoned Corn Grits w Colby Cheese Omelet / Golden Toast <b>Or</b> Whole Grain waffles w/ Syrup (1) Sliced Bacon Strip</p> <p><b>Offer: Two of The Three Items:</b></p> <p>Chilled apple Juice Fresh Orange Circles Canned Pineapple Tidbits</p> <p><b>Chilled Assorted Fat - Free /Low Fat Milk</b></p>	<p><b>29</b></p>	<p><b>30</b></p>	<p><b>31</b></p>


*This Institution Is an Equal Opportunity Provider*

*Menu Subject to Change*

**Please Note:**

**Managers have the option to mix and match breakfast food items to offer choices that are favorable to students at your school.**

**Available Daily**

**All breakfast meals offer a choice of Fruit Juice, Fresh and Canned Fruit /Chilled Fat Free & Low - Fat Milk**



**Elementary**  
**SCHOOL LUNCH and Snack MENU**  
**October 2025**

		<p style="text-align: center;"><b>1</b></p> <p><b>Lunch</b>  Turkey Frank w/ Chili /  Bun / French Bread  Small Cut Potato Wedges  Sandwich Salad  Carrot &amp; Celery Sticks w/  Ranch Dressing  <b>Chilled Fresh &amp; Canned  Fruit</b></p> <p><b>Chilled Assorted Fat –  Free / Low Fat Milk</b></p> <p><b>Condiments</b></p> <p><b>Snack</b>  Goldfish Crackers  Chilled Grape Juice – 6  oz.</p>	<p style="text-align: center;"><b>2</b></p> <p><b>Lunch</b>  Beef Meatballs w/  Italian Gravy  Garnish Spaghetti  Seasoned Green Peas  Tossed Salad w/ Low  Fat Dressing  Whole Grain Roll  <b>Chilled Fresh &amp;  Canned Fruit</b></p> <p><b>Chilled Fat – Free/  Low Fat Milk</b></p> <p><b>Snack</b>  One – Half Turkey &amp;  Cheese  Sandwich  Chilled Apple Juice- 6  oz.</p>	<p style="text-align: center;"><b>3</b></p> <p><b>Lunch</b>  Oven Roasted Chicken  Wings  Waffle Cut Fries  Carrot/ Celery Sticks w/  Ranch Dressing  Whole Grain Roll  <b>Chilled Fresh &amp; Canned  Fruit</b></p> <p><b>Chilled Fat – Free /  Low Fat Milk</b></p> <p><b>Condiments</b></p> <p><b>Snack</b>  Assorted Yogurt  Whole Grain Graham</p>
<p style="text-align: center;"><b>6</b></p> <p><b>Lunch</b>  Red Beans w/ Smoke  Sausage  Steamed Rice  Seasoned Sliced  Carrots  Tossed Salad w/ Low  Fat Dressing  Whole Wheat  Cornbread  <b>Chilled Fresh &amp;  Canned Fruit</b></p> <p><b>Chilled Fat – Free/  Low Fat Milk</b></p>	<p style="text-align: center;"><b>7</b></p> <p><b>Lunch</b>  Taco w/Corn /Soft  Tortilla Shell  Seasoned Corn On  Cob &amp; Green Beans  Taco Fixings w/  Shredded Cheese  Whole Grain  Cinnamon Roll  <b>Chilled Fresh &amp;  Canned Fruit</b></p> <p><b>Condiments</b></p> <p><b>Chilled Fat – Free /  Low Fat Milk</b></p>	<p style="text-align: center;"><b>8</b></p> <p><b>Lunch</b>  Barbeque Beef Rib Patty  w/ Sauce  Mashed Potatoes  Seasoned Mustard  Greens  Tossed Salad w/ Low Fat  Dressing  Whole Grain Roll  <b>Chilled Fresh &amp; Canned  Fruit</b></p> <p><b>Chilled Fat – Free / Low  Fat Milk</b></p>	<p style="text-align: center;"><b>9</b></p> <p><b>Lunch</b>  Turkey Frank w/Chili  / Bun/ French Bread  Small Cut Potato  Wedges  Carrot &amp; Celery Sticks  w/ Ranch Dressing  <b>Chilled Fresh &amp;  Canned Fruit</b>  Plain Gelatin- Extra</p> <p><b>Condiments</b></p> <p><b>Chilled Fat – Free /  Low Fat Mi</b></p>	<p style="text-align: center;"><b>10</b></p> <p><b>Lunch</b>  Oven Baked Fish Sticks  Baked Macaroni  Seasoned Broccoli  Spears  Tossed Salad w/ Low  Fat Dressing  Whole Grain Roll  <b>Chilled Fresh &amp; Canned  Fruit</b></p> <p><b>Condiments</b></p> <p><b>Chilled Fat – Free/ Low  Fat Milk</b></p>

<b>Snack</b> Pretzel Twist Chilled Apple Juice 6 oz.	<b>Snack</b> Whole Grain Assorted Cereal Chilled Fat – Free / Low Fat Milk	<b>Snack</b> White Cheddar Popcorn Chilled Grape Juice – 6 oz.	<b>Snack</b> One – Half Turkey & Cheese Sandwich Chilled Apple Juice – 6 oz.	<b>Snack</b> Assorted Yogurt Whole Grain Graham Cracker
<b>13</b> <b>Lunch</b> Navy Beans w/ Cubed Ham Steamed Rice Seasoned Chopped Spinach Garden Salad w/ Low Fat Dressing Whole Grain Cornbread <b>Chilled Fresh &amp;  Canned Fruit</b>  <b>Chilled Assorted Fat –  Free / Low Fat Milk</b>  <b>Snack</b>  Whole Grain Assorted Cereal Chilled Assorted Fat – Free / Low Fat Milk	<b>14</b> <b>Lunch</b> Baked Mesquite Chicken Parts Yellow Rice Seasoned Green Peas Tossed Salad w/ Low Fat Dressing Whole Grain roll <b>Chilled Fresh &amp;  Canned Fruit</b>  <b>Chilled Assorted Fat  – Free / Low Fat  Milk</b>  <b>Snack</b>  Whole Grain Breakfast Bar Chilled Assorted Fat – Free / Low Fat Milk	<b>15</b> <b>Lunch</b> Turkey Frank w/ Chili / Bun / French Bread Seasoned Baked Beans Tossed Salad w/ Low Fat Dressing <b>Chilled Fresh &amp; Canned  Fruit</b> Plain Gelatin – Extra  <b>Condiments</b>  <b>Chilled Fat – Free / Low  Fat Milk</b>  <b>Snack</b>  Chilled Canned Mixed Fruit Whole Grain Graham Crackers	<b>16</b> <b>Lunch</b> Whole Grain Pepperoni Skinny Crust Pizza Seasoned Whole Kernel Corn Tossed Salad w/ Low Fat Dressing <b>Chilled Fresh &amp;  Canned Fruit</b> <b>Condiments</b>  <b>Chilled Fat – free /  Low Fat Milk</b>  <b>Snack</b>  Chilled Fresh Orange Slices – (6 pcs.) Cheddar Cheese Cup	<b>17</b> <b>Lunch</b> Sliced Turkey & Cheese/ Bun / French Bread Waffles Cut French Fries Sandwich Salad Broccoli Florets & Carrot Sticks w/ Ranch Dressing <b>Chilled Fresh &amp; Canned  Fruit</b> <b>Condiments</b>  <b>Chilled Fat – Free /  Low Fat Milk</b>  <b>Snack</b>  Berry Yogurt Parfait Whole Grain Graham Crackers
<b>20</b> <b>Lunch</b> Red Beans w/ Smoke Sausage Steamed Rice Candid Sweet Potatoes Tossed Salad w/ Low Fat Dressing Whole Grain Cornbread <b>Chilled Fresh &amp;  Canned Fruit</b>	<b>21</b> <b>Lunch</b> Beef Meat Sauce Garnished Spaghetti Seasoned Broccoli Spears Tossed Garden Salad w/ Low Fat Dressing Whole Grain Garlic Bread <b>Chilled Fresh &amp;  Canned Fruit</b>	<b>22</b> <b>Lunch</b> Cheeseburger / Bun / French Bread Hamburger Small Cut Potato Wedges Sandwich Salad w/ Fresh Spinach / Onion Ring Broccoli Florets & Carrot Coins w/ Ranch Dressing <b>Chilled Fresh &amp; Canned  Fruit</b>  <b>Condiments</b>	<b>23</b> <b>Lunch</b> General Tso Chicken Vegetable Rice Seasoned Green Beans Tossed Salad w/ Low Fat Dressing Whole Grain Roll <b>Chilled Fresh &amp;  Canned Fruit</b>  Whole Wheat Sugar Cookie - Extra	<b>24</b> <b>Lunch</b> Whole Grain Pepperoni Skinny Crust Pizza Seasoned Whole Kernel Corn Tossed Salad w/ Low Fat Dressing Broccoli & Florets & Carrot Coins w/ Ranch Dressing <b>Chilled Fresh &amp; Canned  Fruit</b>

Chilled Assorted Fat – Free / Low Fat Milk	Chilled Assorted Fat – Free / Low Fat Milk	Chilled Assorted Fat – Free /Low Fat Milk	Chilled Assorted Fat – Free / Low Fat Milk	Chilled Assorted Fat – Free / Low fat Milk
<p><b>13</b> <b>Breakfast Menu</b> <b>Offer A Choice:</b></p> <p>Seasoned Corn Grits w/ Colby Cheese Omelet <b>Or</b> Whole Grain Mini Waffles w/ Syrup / (1) Bacon Strip</p> <p><b>Offer Two of The Three Items</b></p> <p>Chilled Apple Juice Assorted Grapes Canned Orange Mandarin Section</p> <p><b>Chilled Assorted Fat – Free / Low Fat Milk</b></p>	<p><b>14</b> <b>Breakfast Menu</b> <b>Offer A Choice:</b></p> <p>Whole Grain Mini Pancake w/ Syrup / (1) Bacon Strip <b>Or</b> Whole Grain Cereal w/ Golden Toast / Cheese Stick</p> <p><b>Offer Two of The Three Items:</b></p> <p>Chilled Orange Juice Orange Circles Canned Diced Pears</p> <p><b>Chilled Assorted Fat - Free / Low Fat Milk</b></p>	<p><b>15</b> <b>Breakfast Menu</b> <b>Offer A Choice:</b></p> <p>Whole Grain Graham Crackers w/ Berries /Or Fruit Yogurt Parfait <b>Or</b> Open Face Cheese Toast w/ Scrambled Egg</p> <p><b>Offer Two of The Three Items:</b></p> <p>Chilled Apple Juice Cubed Cantaloupe Canned Pineapple Tidbits</p> <p><b>Chilled Assorted Fat – Free / Low Fat Milk</b></p>	<p><b>16</b> <b>Breakfast Menu</b> <b>Offer A Choice:</b></p> <p>Fruity Oatmeal w/ Cheese Stick / Golden Toast <b>Or</b> Whole Grain Mini Pancake w/ Syrup / (1) Bacon Strip</p> <p><b>Offer Two of The Three Items:</b></p> <p>Chilled Orange Juice Apple Quarters Canned Sliced Peaches</p> <p><b>Chilled Assorted Fat – Free- / Low Fat Milk</b></p>	<p><b>17</b> <b>Breakfast Menu</b> <b>Offer A Choice:</b></p> <p>Seasoned Corn Grits w/ Colby Cheese Omelet / Golden Toast <b>Or</b> Whole Grain Assorted Muffin Colby Cheese Omelet</p> <p><b>Offer Two of The Three Items:</b></p> <p>Chilled Apple Juice Banana Canned Mixed fruit</p> <p><b>Chilled Assorted Fat – Free / Low Fat Milk</b></p>
<p><b>20</b> <b>Breakfast Menu</b> <b>Offer A Choice:</b></p> <p>Seasoned Corn Grits w/ Pork Sausage Patty / Golden Toast <b>Or</b> Whole Grain Strawberry Breakfast Bar (Nutri Grain) ( 1 ) Sliced Bacon Strip</p> <p><b>Offer Two of The Three Items:</b></p> <p>Chilled Orange Juice</p>	<p><b>21</b> <b>Breakfast Menu</b> <b>Offer A Choice:</b></p> <p>Whole Grain Assorted Muffin w/ (1) Bacon Strip <b>Or</b> Whole Grain Assorted Toaster Pastry w/ (1) Bacon Strip</p> <p><b>Offer Two of The Three Items:</b></p> <p>Chilled Apple Juice</p>	<p><b>22</b> <b>Breakfast Menu</b> <b>Offer A Choice:</b></p> <p>Whole Grain Assorted Cereal w/ Cheese Stick / Golden Toast <b>Or</b> Whole Grain Mini French Toast w/ Syrup / Scrambled Egg</p> <p><b>Offer Two of The Three Items:</b></p> <p>Chilled Orange Juice</p>	<p><b>23</b> <b>Breakfast Menu</b> <b>Offer A Choice:</b></p> <p>Whole Grain Pancake w/Sausage Link / Assorted Yogurt <b>Or</b> Seasoned Corn Grits w/ Colby Cheese Omelet / Golden Toast</p> <p><b>Offer Two of The Three Items:</b></p> <p>Chilled Apple Juice</p>	<p><b>24</b> <b>Breakfast Menu</b> <b>Offer A Choice:</b></p> <p>Fruity Cinnamon Oatmeal w/ Golden Toast / Canadian Bacon <b>Or</b> Open Face Cheese Toast w/ Sausage Patty</p> <p><b>Offer Two of The Three Items:</b></p> <p>Chilled Orange Juice</p>