



Breakfast Weekly Menu 2025-2026 K3&K4



All students are eligible for one FREE Breakfast meal
Additional meal or Staff meal \$4.50

	Grain & Meat/Meat alternates	Fruit or 100% Juice	Milk 1% Fat
Required size	1/2 oz M/MA	1/2 cup Fruit	6oz Milk
Monday	Grilled cheese Sandwich Or Cheese Pie	Apple Slices	Milk: 1% White
Tuesday	Eggs & Cheese w/whole wheat bun	Fruit cup Apple Juice	Milk: 1% White
Wednesday	Whole Grain Croissant w/ Jelly Muffin Cheese stick	Banana	Milk: 1% White
Thursday	Scrambled Eggs Potatoes Dinner rolls	Apple Sauce Orange Juice	Milk: 1% White
Friday	Whole grain Waffle OR Cereal Cheese stick	Orange slices	Milk: 1% White

Breakfast Weekly Menu 2025-2026 K5-12th

Students can Choose 3 to 4 breakfast items, one of the items has to be Fruit or 100% Juice
start at 7:10 am and ends at 7:40am

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Monday	Cheese Sand Or Cheese Pie	Fruit Yogurt Variety low fat	Fresh Fruits: Apples slices	Apple Sauce 1/2 cup	100% juice : Apple juice or Orange Juice	Milk: 1% White, Fat Free Chocolate
Tuesday	Eggs & Cheese w/whole wheat bun	Whole grain Cereal Variety	Fresh Fruit: Orange Slices	Apple Sauce 1/2 cup	100% juice : Apple juice or Orange Juice	Milk: 1% White, Fat Free Chocolate
Wednesday	Whole Grain Croissant	Cereal Bar	Fresh Fruit: Apple slices Or Banana	Apple Sauce 1/2 cup	100% juice : Apple juice or Orange Juice	Milk: 1% White, Fat Free Chocolate
Thursday	Scrambled Eggs W/ Dinner rolls Potatoes	Whole Grain Muffins	Fresh Fruit: Fruit Salad	Apple Sauce 1/2 cup	100% juice : Apple juice or Orange Juice	Milk: 1% White, Fat Free Chocolate
Friday	Whole grain Waffle w/Syrub Or whole French Toast	Mozzarella Cheese Sticks	Fresh Fruit: Apples or apple slices	Apple Sauce 1/2 cup	100% juice : Apple juice or Orange Juice	Milk: 1% White, Fat Free Chocolate