

Charter School October 2026

Grab “n” Go Breakfast Menu

Assorted milks (1% & low-fat options; Flavored or Unflavored) and 100% Fruit Juice offered with Breakfast.

Monday

Tuesday

Wednesday

Thursday

Friday



1 Coco Cereal Bowl

Whole Grain
Coco Puff Cereal

100% Fruit Juice

2 Fluffy Pancakes

WG Buttermilk
Pancakes

Sliced Apples

5 WG Super Donut

WG Donut
Holes

Pineapple Tidbits

6 Maple Waffles

WG Maple Flavored
Waffles

100% Fruit Juice

7 Frosted Flakes

WG Frosted
Flake Cereal Bowl

Lg Whole Apples

8 Breakfast Muffins

Whole Grain
Assorted Muffins

100% Fruit Juice

9 Yogurt Pack

WG Graham
Snack Bear
Fruit Yogurt Pack

Cinnamon Apples

12 Coco Cereal Bar

WG Cereal Bar

100% Fruit Juice

13 Oats Cereal

WG Toasted Oats
Cereal

Lg Whole Apples

14 Cinn Waffles

WG Cinnamon
Waffles

Pineapple Tidbits

15 Puff Cereals

WG Coco Puff Cereal
Graham Crackers

100% Fruit Juice

16 Buttermilk Pancakes

WG Pancakes
Syrup

Sliced Apples

19 Donut Holes

WG Super
Donut Wholes

Pineapple Tidbits

20 Assorted Muffins

WG Assorted
Muffins

100% Fruit Juice

21 Frosted Flake Cereal

Whole Grain
Frosted Flakes

Lg Whole Apples

22 Maple Waffles

WG Maple Flavored
Waffles

100% Fruit Juice

23 Cheese & Grams pack

WG Graham Bears
Colby String Cheese

Cinnamon Apples

26 WG Bagels w/jelly

WG Bagels and
assorted Jelly

100% Fruit Juice

27 Wg Oat Cereal

WG Toasted
Oat Cereal Bowl

Lg Whole Aopple

28 Blueberry Waffles

WG Blueberry
Waffles

Pineapple Tidbits

29 Coco Cereal Bowl

Whole Grain
Coco Puff Cereal

100% Fruit Juice

30 Fluffy Pancakes

WG Buttermilk
Pancakes

Sliced Apples

*This institution is an equal opportunity provider.

*esta institución es un proveedor de igualdad de oportunidades.

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