



BREAKFAST

OCTOBER 2026

Sycamore Rocks Elementary School

Apple Valley Unified School District

Monday

Tuesday

Wednesday

Thursday

Friday

5

YOGURT, STRAWBERRY DANNON

- Cracker, Belly Bear Chocolate
- Apple, Gala 138-150ct
- Pears, Canned, DICED USDA

6

BREAKFAST SANDWICH, BISCUIT, SAUSAGE AND CHEESE

- Orange, 138ct
- Applesauce cup, Wild Watermelon No Sugar Added
- Juice 4oz fruit punch 100%
- Milk, Lactose Free/FF, Borden

7

BAGEL, CINNAMON RAISIN SLICED WG

- Bagel, Plain sliced WWW
- Raisin, Individual Box USDA
- Fruit Cup, Zee Zees, Mixed Frt
- Juice 4oz fruit punch 100%
- Milk, Lactose Free/FF, Borden
- Cream Cheese cup, Driftwood, 100ct

8

PIZZA, BREAKFAST

- Bagel, Plain sliced WWW
- Raisin, Individual Box USDA
- Peaches, canned sliced USDA
- Grapes, Red Seedless
- Juice 4oz fruit punch 100%
- Milk, Lactose Free/FF, Borden
- Cream Cheese cup, Driftwood, 100ct

9

DUTCH WAFFLE W/POWDERED SUGAR

- Raisin, Individual Box USDA
- Pear, Variety
- Juice, Orange 4oz Eco
- Juice 4oz fruit punch 100%
- Milk, Lactose Free/FF, Borden

12

No menu published

13

No menu published

14

No menu published

15

No menu published

16

No menu published

19

YOGURT, STRAWBERRY DANNON

- Cracker, Belly Bear Chocolate
- Raisin, Individual Box USDA
- Pear, Variety
- Juicy Juice, Orange Tang 4.23oz
- Juice, Orange 4oz Eco
- Juice 4oz fruit punch 100%
- Milk, Lactose Free/FF, Borden

20

SANDWICH, PANCAKE AND SAUSAGE

- Orange, 138ct
- Pear, Variety
- Juicy Juice, Orange Tang 4.23oz
- Milk, Lactose Free/FF, Borden

21

MUFFIN, BLUEBERRY TOP WG IW BUENA VISTA

- Muffin, Top Chocolate 3.2 oz
- Sandwich, Pancake and Sausage
- Breakfast Sandwich, Home Made, Biscuit
- Raisin, Individual Box USDA
- Fruit Cup, Zee Zees, Mixed Frt
- Juice 4oz fruit punch 100%
- Juicy Juice, Orange Tang 4.23oz
- Milk, Lactose Free/FF, Borden

22

PIZZA, BREAKFAST

- Muffin, Blueberry Top WG IW Buena Vista
- Pear, Variety
- Peaches, canned sliced USDA
- Juice 4oz fruit punch 100%
- Milk, Lactose Free/FF, Borden

23

YOGURT PARFAIT, BREAKFAST K-8

- Cracker, Belly Bear Chocolate
- Raisin, Individual Box USDA
- Strawberries, 12/1pt Fresh, Bob&Gary
- Applesauce cup, rock'n blue raspberry No Added Sugar
- Pear, Variety
- Juice 4oz fruit punch 100%
- Milk, Lactose Free/FF, Borden

26

YOGURT, STRAWBERRY DANNON

- Pizza, Breakfast
- Yogurt Parfait, Breakfast K-8
- Cracker, Belly Bear, Honey
- Raisin, Individual Box USDA
- Pear, Variety
- Pears, Canned, DICED USDA
- Juice 4oz fruit punch 100%
- Milk, Lactose Free/FF, Borden

27

BREAKFAST BOWL W/TOTS

- Orange, 138ct
- Applesauce, canned unsweetened USDA

28

PANCAKE POFFITS W/FRUIT COMPOTE

- Fruit, Mixed, Canned USDA
- Raisin, Individual Box USDA

29

PIZZA, BREAKFAST

- Peaches, Canned, diced USDA
- Banana, Petite Green Tip

30

CINNAMON ROLL, DOUGH, 100/2.7OZ, PILLSBURY

- Raisin, Individual Box USDA
- Pears, Canned, DICED USDA
- Frozen fruit cup, Peaches, USDA
- Frozen fruit cup, Strawberries, USDA
- Frozen fruit cup, Mixed Berries, USDA

Served every day:

- Cereal, Cinnamon Toaster, 2oz
- Cereal, Marshmallow Matey, 2oz
- Juice, Apple, 4 oz Eco
- Juice, very berry 4oz Eco
- Milk, 1% Lowfat 1/2 Pint Eco
- Milk, Nonfat Chocolate, 1/2 PT Eco

Menu data from Apple Valley Unified School District, drawn by schoolmenuapp.com. Menu subject to change.

