



Atwater Elementary School District

Bellevue

Jr High Breakfast · October 2026



Monday

Tuesday

Wednesday

Thursday

Friday

5
● **Ultra Cinnamon Bun** 240 cal
● Banana Muffin 188 cal
● Low Fat Mozzarella String Cheese 80 cal
● Fresh Whole Apple 48 cal
● Raisins 119 cal

6
● **Lemon Bread Super Slice** 230 cal
● Breakfast on a Stick 190 cal
● Fresh Oranges 62 cal
● Apple Juice 60 cal

7
● **Sausage Breakfast Pizza** 200 cal
● Strawberry Oatmeal Bar 280 cal
● Fresh Whole Apple 48 cal
● Craisins 33000 cal

1
● **Double Berry Parfait** 253 cal
● Oatmeal Chocolate Chip BeneFIT Bar 280 cal
● Fresh Oranges 62 cal
● Apple Juice 60 cal

2
● **Strawberry Yogurt Cup** 60 cal
● Honey Graham Crackers 90 cal
● Cinnamon Creamy Cheese Mini Bagels 230 cal
● Fresh Whole Apple 48 cal
● Fresh Oranges 62 cal

12
● **Mini Cinnis** 230 cal
● Sausage Breakfast Pizza 200 cal
● Fresh Whole Apple 48 cal
● Raisins 119 cal

13
● **Whole Grain Concha** 200 cal
● Blueberry Bash Mini Waffles 190 cal
● Fresh Oranges 62 cal
● Apple Juice 60 cal

14
● **Blueberry Muffin** 190 cal
● Low Fat Mozzarella String Cheese 80 cal
● Breakfast on a Stick 190 cal
● Fresh Whole Apple 48 cal
● Craisins 33000 cal

15
● **Double Berry Parfait** 253 cal
● Oatmeal Chocolate Chip BeneFIT Bar 280 cal
● Fresh Oranges 62 cal
● Apple Juice 60 cal

16
● **Strawberry Yogurt Cup** 60 cal
● Honey Graham Crackers 90 cal
● Cinnamon Creamy Cheese Mini Bagels 230 cal
● Fresh Whole Apple 48 cal
● Fresh Oranges 62 cal

19
● **Ultra Cinnamon Bun** 240 cal
● Banana Muffin 188 cal
● Low Fat Mozzarella String Cheese 80 cal
● Fresh Whole Apple 48 cal
● Raisins 119 cal

20
● **Lemon Bread Super Slice** 230 cal
● Breakfast on a Stick 190 cal
● Fresh Oranges 62 cal
● Apple Juice 60 cal

21
● **Sausage Breakfast Pizza** 200 cal
● Strawberry Oatmeal Bar 280 cal
● Fresh Whole Apple 48 cal
● Craisins 33000 cal

22
● **Vanilla or Strawberry Yogurt** 70 cal
● Honey Graham Crackers 90 cal
● Cinnamon Chip Scone 240 cal
● Fresh Oranges 62 cal
● Apple Juice 60 cal

23
● **Strawberry Nutrigrain Breakfast Bar** 150 cal
● Low Fat Mozzarella String Cheese 80 cal
● French Toast Breakfast Bar 280 cal
● Fresh Whole Apple 48 cal
● Fresh Oranges 62 cal

26
● **Mini Cinnis** 230 cal
● Sausage Breakfast Pizza 200 cal
● Fresh Whole Apple 48 cal
● Raisins 119 cal

27
● **Whole Grain Concha** 200 cal
● Blueberry Bash Mini Waffles 190 cal
● Fresh Oranges 62 cal
● Apple Juice 60 cal

28
● **Blueberry Muffin** 190 cal
● Low Fat Mozzarella String Cheese 80 cal
● Breakfast on a Stick 190 cal
● Fresh Whole Apple 48 cal
● Craisins 33000 cal

29
● **Double Berry Parfait** 253 cal
● Oatmeal Chocolate Chip BeneFIT Bar 280 cal
● Fresh Oranges 62 cal
● Apple Juice 60 cal

30
No menu published

Served every day

1% White Milk · Chocolate Milk

Menu data from Atwater Elementary School District, drawn by schoolmenuapp.com. Menu subject to change. Calories are per serving, as Atwater Elementary School District publishes them.

nutrilslice