



ELEMENTARY BREAKFAST

OCTOBER 2026

Elmer Wood

Atwater Elementary School District



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

8
VANILLA OR STRAWBERRY YOGURT 70 cal Honey Graham Crackers 90 cal Cinnamon Chip Scone 240 cal Fresh Oranges 62 cal Apple Juice 60 cal

9
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

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.

[nutrislice](https://www.nutrislice.com)