



ELEMENTARY BREAKFAST OCTOBER 2026



Juniper

Atwater Elementary School District



Monday	Tuesday	Wednesday	Thursday	Friday
			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 90 cal Crackers Cinnamon Creamy Cheese Mini Bagels 230 cal Fresh Whole Apple 48 cal Fresh Oranges 62 cal
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 280 cal Bar Fresh Whole Apple 48 cal Craisins 33000 cal	8 VANILLA OR STRAWBERRY YOGURT 70 cal Honey Graham 90 cal Crackers 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 280 cal Breakfast Bar Fresh Whole Apple 48 cal Fresh Oranges 62 cal
12 MINI CINNIS 230 cal Sausage Breakfast 200 cal Pizza 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 90 cal Crackers 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 280 cal Bar Fresh Whole Apple 48 cal Craisins 33000 cal	22 VANILLA OR STRAWBERRY YOGURT 70 cal Honey Graham 90 cal Crackers 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 280 cal Breakfast Bar Fresh Whole Apple 48 cal Fresh Oranges 62 cal
26 MINI CINNIS 230 cal Sausage Breakfast 200 cal Pizza 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.

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