



ELEMENTARY BREAKFAST OCTOBER 2026

Mitchell K-6

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 Crackers 90 cal
 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 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 280 cal
 Breakfast Bar
 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 280 cal
 Breakfast Bar
 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