



MSR BREAKFAST OCTOBER 2026

Mitchell Senior
Atwater Elementary School District



Monday	Tuesday	Wednesday	Thursday	Friday
			★ 1 CHICKEN MAPLE PANCAKE WRAP 190 cal	★ 2 PROTEIN POWER UP BREAKFAST BOX 361 cal
★ 5 SAUSAGE BREAKFAST PIZZA 200 cal Golden Grahams Cereal 118 cal Honey Nut Cheerios Cereal 110 cal	★ 6 TURKEY SAUSAGE, EGG & CHEESE ON A CROISSANT 386 cal	★ 7 BUTTERMILK PANCAKES 160 cal Turkey Sausage Link 60 cal	★ 8 CHICKEN MAPLE PANCAKE WRAP 190 cal	★ 9 PROTEIN POWER UP BREAKFAST BOX 361 cal
★ 12 SAUSAGE BREAKFAST PIZZA 200 cal Golden Grahams Cereal 118 cal Honey Nut Cheerios Cereal 110 cal	★ 13 TURKEY SAUSAGE, EGG & CHEESE ON A CROISSANT 386 cal	★ 14 BUTTERMILK PANCAKES 160 cal Turkey Sausage Link 60 cal	★ 15 CHICKEN MAPLE PANCAKE WRAP 190 cal	★ 16 PROTEIN POWER UP BREAKFAST BOX 361 cal
★ 19 SAUSAGE BREAKFAST PIZZA 200 cal Golden Grahams Cereal 118 cal Honey Nut Cheerios Cereal 110 cal	★ 20 TURKEY SAUSAGE, EGG & CHEESE ON A CROISSANT 386 cal	★ 21 BUTTERMILK PANCAKES 160 cal Turkey Sausage Link 60 cal	★ 22 CHICKEN MAPLE PANCAKE WRAP 190 cal	★ 23 PROTEIN POWER UP BREAKFAST BOX 361 cal
★ 26 SAUSAGE BREAKFAST PIZZA 200 cal Golden Grahams Cereal 118 cal Honey Nut Cheerios Cereal 110 cal	★ 27 TURKEY SAUSAGE, EGG & CHEESE ON A CROISSANT 386 cal	★ 28 BUTTERMILK PANCAKES 160 cal Turkey Sausage Link 60 cal	★ 29 CHICKEN MAPLE PANCAKE WRAP 190 cal	★ 30 No menu published

Served every day:

Cinnamon Chex ·
 Honey Graham Crackers ·
 Bite-Size Frosted Mini-Wheats ·
 Banana Ultra Bread Slice ·
 French Toast Breakfast Bar ·
 Banana Chocolate Chunk Benefit Bar ·
 Ultra Cinnamon Bun ·
 Oatmeal Chocolate Chip UBR

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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