



JR HIGH BREAKFAST OCTOBER 2026

Peggy Heller

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

- 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

- 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

EVERY DAY

- 1% White Milk
- Chocolate Milk

Menu subject to change.