



ELEMENTARY BREAKFAST

OCTOBER 2026

Shaffer

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

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