



PRESCHOOL OCTOBER 2026

Shaffer

Atwater Elementary School District



Monday

Tuesday

Wednesday

Thursday

Friday

5

BANANA MUFFIN	188 cal
Sliced Apples	44 cal
Raisins	119 cal
Mozzarella Stuffed Breadsticks	290 cal
Marinara Sauce	43 cal
Apple Slices	34 cal
Corn	79 cal

6

BITE-SIZE FROSTED MINI-WHEATS	99 cal
Honey Cheerios Cereal	110 cal
Honey Graham Crackers	90 cal
Orange Smiles	62 cal
Applesauce	59 cal
Chicken Adobo	165 cal
Steamed Brown Rice	103 cal
Pinto Beans	119 cal
Diced Peaches	83 cal

7

SAUSAGE BREAKFAST PIZZA	200 cal
Sliced Apples	44 cal
Craisins	33000 cal
Tangy Orange Chicken over Brown Rice	419 cal
Apple Slices	34 cal
Fresh Broccoli Florets	11 cal

8

STRAWBERRY YOGURT CUP	60 cal
Honey Graham Crackers	90 cal
Orange Smiles	62 cal
Diced Pears	55 cal
Hot Ham (Turkey) American Cheese	305 cal
Green Beans	22 cal

9

HONEY CHEERIOS CEREAL	110 cal
Cinnamon Chex	120 cal
Honey Graham Crackers	90 cal
Sliced Apples	44 cal
Orange Smiles	62 cal
Old School Cheese Pizza	280 cal
Cherry Flavor Craisins	180 cal
Baby Carrots	16 cal

12

SAUSAGE BREAKFAST PIZZA	200 cal
Sliced Apples	44 cal
Raisins	119 cal
Crispy Chicken Nuggets	241 cal
Apple Slices	34 cal
Corn	79 cal

13

BITE-SIZE FROSTED MINI-WHEATS	99 cal
Honey Cheerios Cereal	110 cal
Honey Graham Crackers	90 cal
Orange Smiles	62 cal
Applesauce	59 cal
Cheese Enchilada	341 cal
Pinto Beans	119 cal

14

BLUEBERRY MUFFIN	190 cal
Sliced Apples	44 cal
Craisins	33000 cal
Crispy Chicken Sandwich	380 cal
Apple Slices	34 cal
Fresh Broccoli Florets	11 cal

15

BITE-SIZE FROSTED MINI-WHEATS	99 cal
Rice Chex Bowlpak	110 cal
Honey Graham Crackers	90 cal
Orange Smiles	62 cal
Diced Pears	55 cal
Pork Honey Rib on a Bun	350 cal
Green Beans	22 cal

16

HONEY CHEERIOS CEREAL	110 cal
Cinnamon Chex	120 cal
Honey Graham Crackers	90 cal
Sliced Apples	44 cal
Orange Smiles	62 cal
Old School Cheese Pizza	280 cal
Cherry Flavor Craisins	180 cal
Baby Carrots	16 cal

19

BANANA MUFFIN	188 cal
Sliced Apples	44 cal
Raisins	119 cal
Mozzarella Stuffed Breadsticks	290 cal
Marinara Sauce	43 cal
Apple Slices	34 cal
Corn	79 cal

20

BITE-SIZE FROSTED MINI-WHEATS	99 cal
Honey Cheerios Cereal	110 cal
Honey Graham Crackers	90 cal
Orange Smiles	62 cal
Applesauce	59 cal
Chicken Adobo	165 cal
Steamed Brown Rice	103 cal
Pinto Beans	126 cal
Diced Peaches	83 cal

21

SAUSAGE BREAKFAST PIZZA	200 cal
Sliced Apples	44 cal
Craisins	33000 cal
Tangy Orange Chicken over Brown Rice	419 cal
Apple Slices	34 cal
Fresh Broccoli Florets	11 cal

22

STRAWBERRY YOGURT CUP	60 cal
Honey Graham Crackers	90 cal
Orange Smiles	62 cal
Diced Pears	55 cal
Hot Ham (Turkey) American Cheese	305 cal
Green Beans	22 cal

23

HONEY CHEERIOS CEREAL	110 cal
Cinnamon Chex	120 cal
Honey Graham Crackers	90 cal
Sliced Apples	44 cal
Orange Smiles	62 cal
Old School Cheese Pizza	280 cal
Cherry Flavor Craisins	180 cal
Baby Carrots	16 cal

26

SAUSAGE BREAKFAST PIZZA	200 cal
Sliced Apples	44 cal
Raisins	119 cal
Crispy Chicken Nuggets	241 cal
Apple Slices	34 cal
Corn	79 cal

27

BITE-SIZE FROSTED MINI-WHEATS	99 cal
Honey Cheerios Cereal	110 cal
Honey Graham Crackers	90 cal
Orange Smiles	62 cal
Applesauce	59 cal
Cheese Enchilada	341 cal
Pinto Beans	126 cal

28

BLUEBERRY MUFFIN	190 cal
Sliced Apples	44 cal
Craisins	33000 cal
Crispy Chicken Sandwich	380 cal
Apple Slices	34 cal
Fresh Broccoli Florets	11 cal

29

BITE-SIZE FROSTED MINI-WHEATS	99 cal
Rice Chex Bowlpak	110 cal
Honey Graham Crackers	90 cal
Orange Smiles	62 cal
Diced Pears	55 cal
Pork Honey Rib on a Bun	350 cal
Green Beans	22 cal

30

No menu published

Served every day:

1% White Milk • 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.

nutrilsice