

Eagle Ridge Elementary

Breakfast · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

5

 **Breaded Mini Chicken Fillet** 111 cal
 Flavored Yogurt Cup 90 cal
 Breakfast Biscuit 106 cal
 Strawberry Nutrigrain Bar 150 cal
 Pears, Cup 70 cal
 Orange Juice 90 cal

6

 **Mini Waffles** 179 cal
 Variety Yogurt Cup 90 cal
 Breakfast Biscuit 106 cal
 Chilled Mixed Fruit 62 cal
 Applesauce Cup 50 cal

7

 **Breakfast, Egg Patty & Cheese on a Croissant** 197 cal
 Flavored Yogurt Cup 90 cal
 Croissant Roll 111 cal
 Chilled Peaches 63 cal
 Fresh Banana (Ripe) 161 cal

1

 **Cinnamon French Toast Sticks** 254 cal
 Flavored Yogurt Cup 90 cal
 Breakfast Biscuit 106 cal
 Pineapple Tidbits Cup 60 cal
 Fresh Banana (Ripe) 161 cal

2

 **Breakfast, Cheese Omelet** 110 cal
 Pop Tart & Cheese 268 cal
 Croissant Roll 111 cal
 Deli Roasted Potatoes 104 cal
 Fresh Mandarins 98 cal

12

No menu published

13

 **Buttermilk Pancakes** 147 cal
 Strawberry Yogurt 90 cal
 Apple Juice 90 cal
 Pears, Cup 70 cal

14

 **Breakfast Pizza** 180 cal
 Yogurt Parfait w/ Blueberry 222 cal
 Chilled Mixed Fruit 62 cal
 Fresh Apples 68 cal

15

 **Cinnamon French Toast Sticks** 254 cal
 Flavored Yogurt Cup 90 cal
 Breakfast Biscuit 106 cal
 Peach Cup 70 cal
 Fresh Honeydew 36 cal

16

 **Hard Boiled Egg** 78 cal
 Pop Tart & Cheese 268 cal
 Breakfast Biscuit 106 cal
 Deli Roasted Potatoes 104 cal
 Fresh Mandarins 98 cal

19

 **Breaded Mini Chicken Fillet** 111 cal
 Flavored Yogurt Cup 90 cal
 Breakfast Biscuit 106 cal
 Strawberry Nutrigrain Bar 150 cal
 Mandarin Oranges Cup 74 cal
 Orange Juice 90 cal

20

 **Guava Pastry Bites & Cheese Bites** 272 cal
 Yogurt Parfait w/ Blueberry 222 cal
 Breakfast Biscuit 106 cal
 Chilled Mixed Fruit 62 cal
 Applesauce Cup 50 cal

21

 **Breakfast, Egg Patty & Cheese on a Croissant** 197 cal
 Flavored Yogurt Cup 90 cal
 Croissant Roll 111 cal
 Chilled Peaches 63 cal
 Fresh Banana (Ripe) 161 cal

22

 **Cinnamon French Toast Sticks** 254 cal
 Flavored Yogurt Cup 90 cal
 Breakfast Biscuit 106 cal
 Chilled Pears 63 cal
 Fresh Apple Slices 29 cal

23

 **Breakfast Bacon, Egg & Cheese Taco** 190 cal
 Pop Tart & Cheese 268 cal
 Breakfast Biscuit 106 cal
 Baby Cakes Hash Browns 130 cal
 Fresh Mandarins 98 cal

26

 **Pork Sausage Patty** 70 cal
 Flavored Yogurt Cup 90 cal
 Breakfast Biscuit 106 cal
 Strawberry Nutrigrain Bar 150 cal
 Peach Cup 70 cal
 Cinnamon Applesauce Cup 50 cal

27

 **Breakfast Chicken & Waffles** 200 cal
 Yogurt Parfait w/ Blueberry 222 cal
 Breakfast Biscuit 106 cal
 Chilled Pears 63 cal
 Orange Juice 90 cal

28

 **Hard Boiled Egg** 78 cal
 Flavored Yogurt Cup 90 cal
 Breakfast Biscuit 106 cal
 Breakfast Bagel 149 cal
 Chilled Mixed Fruit 62 cal
 Fresh Banana (Ripe) 161 cal

29

 **Cinnamon French Toast Sticks** 254 cal
 Flavored Yogurt Cup 90 cal
 Breakfast Biscuit 106 cal
 Pineapple Tidbits Cup 60 cal
 Fresh Honeydew 36 cal

30

 **Breakfast, Cheese Omelet** 110 cal
 Pop Tart & Cheese 268 cal
 Croissant Roll 111 cal
 Deli Roasted Potatoes 104 cal
 Fresh Mandarins 98 cal

Served every day

 Assorted Cereal ·  Milk