

# Embassy Creek Elementary

## Breakfast · October 2026

**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**

- 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

- Mini Waffles** 179 cal
- Yogurt Parfait w/ Strawberry 228 cal
  - Breakfast Biscuit 106 cal
  - Chilled Mixed Fruit 62 cal
  - Applesauce Cup 50 cal

- 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

- Cinnamon French Toast Sticks** 254 cal
- Flavored Yogurt Cup 90 cal
  - Breakfast Biscuit 106 cal
  - Pineapple Tidbits Cup 60 cal
  - Variety Fresh Fruit 2481 cal

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

No menu published

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- Buttermilk Pancakes** 147 cal
- Flavored Yogurt Cup 90 cal
  - Breakfast Biscuit 106 cal
  - Apple Juice 90 cal
  - Pears, Cup 70 cal

- Breakfast Pizza** 180 cal
- Flavored Yogurt Cup 90 cal
  - Breakfast Biscuit 106 cal
  - Chilled Mixed Fruit 62 cal

- Cinnamon French Toast Sticks** 254 cal
- Flavored Yogurt Cup 90 cal
  - Breakfast Biscuit 106 cal
  - Peach Cup 70 cal
  - Variety Fresh Fruit 2481 cal

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

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

- 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

- 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

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

- 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

- 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

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

- 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

- Cinnamon French Toast Sticks** 254 cal
- Flavored Yogurt Cup 90 cal
  - Breakfast Biscuit 106 cal
  - Pineapple Tidbits Cup 60 cal
  - Variety Fresh Fruit 2481 cal

- 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