

Indian Ridge Middle

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
-  Yogurt Parfait w/ Strawberry 228 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** 338 cal
-  Flavored Yogurt Cup 90 cal
-  Breakfast Biscuit 106 cal
-  Pineapple Tidbits Cup 60 cal
-  Fresh Apple Slices 29 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
-  Assorted Cereal 106 cal
-  Flavored Yogurt Cup 90 cal
-  Breakfast Biscuit 106 cal
-  Chilled Pears 63 cal
-  Apple Juice 90 cal

14

-  **Breakfast Pizza** 180 cal
-  Assorted Cereal 106 cal
-  Yogurt Parfait w/ Strawberry 228 cal
-  Breakfast Biscuit 106 cal
-  Chilled Mixed Fruit 62 cal
-  Fresh Banana (Ripe) 161 cal

15

-  **Cinnamon French Toast Sticks** 338 cal
-  Assorted Cereal 106 cal
-  Flavored Yogurt Cup 90 cal
-  Breakfast Biscuit 106 cal
-  Peach Cup 70 cal
-  Fresh Apple Slices 29 cal

16

-  **Hard Boiled Egg** 78 cal
-  Assorted Cereal 106 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/ Strawberry 228 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
-  Cherrios Cereal 101 cal
-  Cocoa Puffs Cereal 113 cal
-  Croissant Roll 111 cal
-  Chilled Peaches 63 cal
-  Fresh Banana (Ripe) 161 cal

22

-  **Cinnamon French Toast Sticks** 338 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/ Strawberry 228 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** 338 cal
-  Flavored Yogurt Cup 90 cal
-  Breakfast Biscuit 106 cal
-  Pineapple Tidbits Cup 60 cal
-  Fresh Apple Slices 29 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

 Milk