

Indian Trace 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  Yogurt Parfait w/ Blueberry 222 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  Breakfast, Egg Patty 50 cal	1  Cinnamon French Toast Sticks 254 cal  Flavored Yogurt Cup 90 cal  Breakfast Biscuit 106 cal  Pineapple Tidbits Cup 60 cal	2  Breakfast, Cheese Omelet 110 cal  Pop Tart & Cheese 268 cal  Deli Roasted Potatoes 104 cal  Fresh Mandarins 98 cal
12 No menu published	13  Buttermilk Pancakes 147 cal  Flavored Yogurt Cup 90 cal  Breakfast Biscuit 106 cal  Chilled Pears 63 cal  Apple Juice 90 cal	14  Breakfast Pizza 180 cal  Flavored Yogurt Cup 90 cal  Yogurt Parfait w/ Strawberry 228 cal  Breakfast Biscuit 106 cal  Chilled Mixed Fruit 62 cal  Fresh Banana (Ripe) 161 cal	8 No menu published	9 No menu published
19  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	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  Cheese Bites 151 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  Breakfast, Egg Patty 50 cal	15  Cinnamon French Toast Sticks 254 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  Pop Tart & Cheese 268 cal  Breakfast Biscuit 106 cal  Deli Roasted Potatoes 104 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  Mini Waffles 89 cal  Apple Juice 60 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	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  Fresh Sliced Orange 33 cal	23  Breakfast Bacon, Egg & Cheese Taco 190 cal  Pop Tart & Cheese 268 cal  Baby Cakes Hash Browns 130 cal  Fresh Mandarins 98 cal  Eggstravaganza 84 cal
29  Cinnamon French Toast Sticks 254 cal  Flavored Yogurt Cup 90 cal  Breakfast Biscuit 106 cal  Pineapple Tidbits Cup 60 cal  Fresh Sliced Orange 33 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 ·  White Milk