

Lyons Creek Middle

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/ Peach	275 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	338 cal
	Flavored Yogurt Cup	90 cal
	Breakfast Biscuit	106 cal
	Pineapple Tidbits Cup	60 cal
	Fresh Cantaloupe	30 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
	Fresh Apple Slices	29 cal
	Peach Cup	70 cal

	Breakfast Pizza	180 cal
	Flavored Yogurt Cup	90 cal
	Breakfast Biscuit	106 cal
	Mandarin Oranges Cup	74 cal
	Peach Cup	70 cal

	Cinnamon French Toast Sticks	338 cal
	Yogurt Parfait w/ Strawberry	228 cal
	Breakfast Biscuit	106 cal
	Chilled Pears	63 cal
	Apple Juice	60 cal

	Hard Boiled Egg	78 cal
	Pop Tart & Cheese	268 cal
	Breakfast Biscuit	106 cal
	Deli Roasted Potatoes	104 cal
	Mandarin Oranges Cup	74 cal

	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

	Guava Pastry Bites & Cheese Bites	272 cal
	Breakfast Biscuit	106 cal
	Applesauce Cup	50 cal
	Mixed Fruit Cup	80 cal

	Flavored Yogurt Cup	90 cal
	Breakfast, Cheese Omelet	110 cal
	Croissant Roll	111 cal
	Chilled Peaches	63 cal
	Fresh Banana (Ripe)	161 cal

	Cinnamon French Toast Sticks	338 cal
	Flavored Yogurt Cup	90 cal
	Breakfast Biscuit	106 cal
	Fresh Apple Slices	29 cal
	Chilled Pears	63 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/ Strawberry	228 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	338 cal
	Flavored Yogurt Cup	90 cal
	Breakfast Biscuit	106 cal
	Fresh Apple Slices	29 cal
	Mixed Fruit Cup	80 cal

	Breakfast, Cheese Omelet	110 cal
	Pop Tart & Cheese	268 cal
	Croissant Roll	111 cal
	Deli Roasted Potatoes	104 cal
	Applesauce Cup	50 cal

Served every day

 Assorted Cereal ·  Milk