

Park Trails 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

1

Cinnamon French Toast Sticks 254 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

Flavored Yogurt Cup 90 cal

Breakfast Biscuit 106 cal

Fresh Banana (Ripe) 161 cal

Strawberry Applesauce Cup 70 cal

14

Breakfast Pizza 180 cal

Yogurt Parfait w/ Strawberry 228 cal

Honey Wheat Biscuit 101 cal

Chilled Mixed Fruit 62 cal

Fresh Banana (Ripe) 161 cal

15

Cinnamon French Toast Sticks 254 cal

Flavored Yogurt Cup 90 cal

Honey Wheat Biscuit 101 cal

Peach Cup 70 cal

Fresh Apple Slices 29 cal

16

Hard Boiled Egg 78 cal

Pop Tart & Cheese 268 cal

Honey Wheat Biscuit 101 cal

Deli Roasted Potatoes 104 cal

Fresh Mandarins 98 cal

19

Breaded Mini Chicken Fillet 111 cal

Flavored Yogurt Cup 90 cal

Strawberry Nutrigrain Bar 150 cal

Honey Wheat Biscuit 101 cal

Mandarin Oranges Cup 74 cal

Apple Juice 90 cal

20

Guava Pastry Bites & Cheese Bites 272 cal

Honey Wheat Biscuit 101 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 Sliced Orange 66 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