

Silver Lakes 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 Banana (Ripe) 161 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

8
No menu published

9
No menu published

12
No menu published

13
Buttermilk Pancakes 147 cal
Flavored Yogurt Cup 90 cal
Breakfast Biscuit 106 cal
Apple Juice 90 cal

14
Breakfast Pizza 180 cal
Flavored Yogurt Cup 90 cal
Yogurt Parfait w/ Blueberry 222 cal
Breakfast Biscuit 106 cal
Chilled Mixed Fruit 62 cal
Fresh Banana (Ripe) 161 cal

15
Cinnamon French Toast Sticks 254 cal
Flavored Yogurt Cup 90 cal
Breakfast Biscuit 106 cal
Peach Cup 70 cal
Fresh Banana (Ripe) 161 cal

16
Hard Boiled Egg 78 cal
Pop Tart & Cheese 268 cal
Breakfast Biscuit 106 cal
Deli Roasted Potatoes 104 cal
Fresh Sliced Orange 66 cal

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/ Blueberry 222 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
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/ 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 254 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

Assorted Cereal · Milk