

Whiddon Rogers Education Ctr

Breakfast · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

5
Breaded Mini Chicken Fillet 111 cal
 Flavored Yogurt Cup 90 cal
 Honey Wheat Biscuit 101 cal
 Pears, Cup 70 cal
 Orange Juice 90 cal
 Milk 110 cal

6
Mini Waffles 179 cal
 Yogurt Parfait w/ Blueberry 222 cal
 Honey Wheat Biscuit 101 cal
 Chilled Mixed Fruit 62 cal
 Applesauce Cup 50 cal
 Milk 110 cal

7
Breakfast Pizza 180 cal
 Yogurt Parfait w/ Strawberry 228 cal
 Breakfast Biscuit 106 cal

1
Cinnamon French Toast Sticks 338 cal
 Yogurt Parfait w/ Strawberry 228 cal
 Honey Wheat Biscuit 101 cal
 Pineapple Tidbits Cup 60 cal
 Fresh Sliced Orange 66 cal
 Milk 110 cal

2
Breakfast, Cheese Omelet 110 cal
 Flavored Yogurt Cup 90 cal
 Croissant Roll 111 cal
 Honey Wheat Biscuit 101 cal
 Deli Roasted Potatoes 104 cal
 Fresh Mandarins 98 cal
 Milk 110 cal

8
 No menu published

9
 No menu published

12
 No menu published

13
 Flavored Yogurt Cup 90 cal
 Mini Cinnamon Waffles 190 cal
 Honey Wheat Biscuit 101 cal
 Pears, Cup 70 cal
 Apple Juice 90 cal

14
Breakfast Croissant with Ham and Swiss Cheese 300 cal
 Yogurt Parfait w/ Strawberry 228 cal
 Croissant Roll 111 cal
 Chilled Mixed Fruit 62 cal
 Fresh Banana (Ripe) 161 cal
 Milk 110 cal

15
Cinnamon French Toast Sticks 338 cal
 Yogurt Parfait w/ Blueberry 222 cal
 Honey Wheat Biscuit 101 cal
 Peach Cup 70 cal
 Fresh Pears 75 cal
 Milk 110 cal

16
Hard Boiled Egg 78 cal
 Flavored Yogurt Cup 90 cal
 Honey Wheat Biscuit 101 cal
 Deli Roasted Potatoes 104 cal
 Fresh Mandarins 98 cal
 Milk 110 cal

19
Breaded Mini Chicken Fillet 111 cal
 Flavored Yogurt Cup 90 cal
 Honey Wheat Biscuit 101 cal
 Mandarin Oranges 74 cal
 Orange Juice 90 cal
 Milk 110 cal

20
Guava Pastry Bites & Cheese Bites 272 cal
 Yogurt Parfait w/ Blueberry 222 cal
 Croissant Roll 111 cal
 Chilled Mixed Fruit 62 cal
 Cinnamon Applesauce Cup 50 cal
 Milk 110 cal

21
Breakfast, Spicy Egg Patty & Cheese on a Croissant 206 cal
 Yogurt Parfait w/ Blueberry 222 cal
 Honey Wheat Biscuit 101 cal
 Chilled Peaches 63 cal
 Fresh Banana (Ripe) 161 cal
 Milk 110 cal

22
Cinnamon French Toast Sticks 338 cal
 Yogurt Parfait w/ Strawberry 228 cal
 Croissant Roll 111 cal
 Chilled Pears 63 cal
 Fresh Apple Slices 29 cal
 Milk 110 cal

23
Breakfast Bacon, Egg & Cheese Taco 351 cal
 Flavored Yogurt Cup 90 cal
 Honey Wheat Biscuit 101 cal
 Baby Cakes Hash Browns 130 cal
 Fresh Mandarins 98 cal
 Milk 110 cal

26
Pork Sausage Patty 70 cal
 Flavored Yogurt Cup 90 cal
 Honey Wheat Biscuit 101 cal
 Peach Cup 70 cal
 Cinnamon Applesauce Cup 50 cal
 Milk 110 cal

27
Breakfast Chicken & Waffles 200 cal
 Yogurt Parfait w/ Blueberry 222 cal
 Honey Wheat Biscuit 101 cal
 Chilled Pears 63 cal
 Apple Juice 90 cal
 Milk 110 cal

28
Hard Boiled Egg 78 cal
 Yogurt Parfait w/ Strawberry 228 cal
 Breakfast Bagel 149 cal
 Croissant Roll 111 cal

29
Cinnamon French Toast Sticks 338 cal
 Yogurt Parfait w/ Blueberry 222 cal
 Honey Wheat Biscuit 101 cal
 Fresh Apple Slices 29 cal

30
Breakfast, Cheese Omelet 110 cal
 Flavored Yogurt Cup 90 cal
 Croissant Roll 111 cal
 Honey Wheat Biscuit 101 cal

Served every day

Assorted Cereal