

East Region Adult School at Morgan High

Breakfast · October 2026



Monday

Tuesday

Wednesday

Thursday

Friday

No menu published



No menu published



No menu published



No menu published



No menu published



No menu published



Chicken Biscuit 290 cal
 Dannon Creamy Yogurt 70 cal
 Cinnamon Granola 120 cal
 Breakfast Scrambler Bowl 315 cal



Sausage Biscuit 290 cal
 Vanilla Belgian Waffle 240 cal
 Fruity Yogurt Parfait 219 cal



Chicken Biscuit 290 cal
 Mini Pancakes 230 cal
 Breakfast Mac and Cheese 282 cal



Morning Swicy Stack 252 cal
 Eggo Mini French Toast 200 cal
 Strawberry Bagelful 190 cal



Sausage Biscuit 290 cal
 Banana Chocolate Breakfast Bar 280 cal
 French Toast Sticks 260 cal



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 Dannon Creamy Yogurt 70 cal
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