

Frost Elementary School

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 Danimals 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 Danimals Yogurt 70 cal
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