

Acceleration Academy West High School

Breakfast · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

5 - Mozzarella Cheese Stick 80 cal - WG Double Chocolate Muffin with Cheese 250 cal - Cereal Blueberry Chex Bowl 1 oz 111 cal - Frosted Corn Flakes Bowl 1 oz 111 cal - Rice Chex Gluten Free Bowl 1 oz 110 cal - Nutrigrain Bar, Strawberry 160 cal - Trix Cereal Bar 1.42 oz 160 cal - Applesauce, Birthday Cake 4.5 oz 70 cal - Applesauce, Sour Cherry 4.5 oz 70 cal - Applesauce, Peach 4.5 oz 60 cal - Applesauce, Blue Razzleberry 4.5 oz 50 cal	6 - Egg & Cheese Breakfast Quesadilla 378 cal - Yogurt Cup with Granola 224 cal - Strawberry Yogurt Cup w/ Bear Graham 212 cal - Mozzarella Cheese Stick 80 cal - Cereal Blueberry Chex Bowl 1 oz 111 cal - Frosted Corn Flakes Bowl 1 oz 111 cal - Rice Chex Gluten Free Bowl 1 oz 110 cal - Nutrigrain Bar, Strawberry 160 cal - Trix Cereal Bar 1.42 oz 160 cal - WG Toast 90 cal - Fruit Juice Blend 60 cal - Apple Juice 60 cal - Applesauce 4.5 oz 60 cal - Applesauce, Strawberry 4.5 oz 50 cal	7 - Chicken Waffles sandwich 377 cal - Vanilla Yogurt Cup 90 cal - Strawberry Yogurt Cup 90 cal - Mozzarella Cheese Stick 80 cal - Rolls, Cinnamon 302 cal - Cereal Blueberry Chex Bowl 1 oz 111 cal - Frosted Corn Flakes Bowl 1 oz 111 cal - Rice Chex Gluten Free Bowl 1 oz 110 cal - Nutrigrain Bar, Strawberry 160 cal - Trix Cereal Bar 1.42 oz 160 cal - WG Toast 90 cal - Tangelos, Fresh 47 cal - Orange Wedges 76 cal	1 - Strawberry Yogurt Cup w/ Bear Graham 212 cal - Mozzarella Cheese Stick 80 cal - Sweet Potato Swirl 138 cal - Cinnamon Toast Crunch Bowl 1 oz 120 cal - Reese's Puff Bowl 1 oz 120 cal - Fruit Juice Blend 60 cal - Banana, fresh 146 cal 8 - Chicken and Cheese on Croissant 323 cal - Mozzarella Cheese Stick 80 cal - Banana Sliced Bread 260 cal - Cereal Blueberry Chex Bowl 1 oz 111 cal - Frosted Corn Flakes Bowl 1 oz 111 cal - Rice Chex Gluten Free Bowl 1 oz 110 cal - Nutrigrain Bar, Strawberry 160 cal - Trix Cereal Bar 1.42 oz 160 cal - WG Toast 90 cal - Fruit Juice Blend 60 cal - Apple Juice 60 cal - Red Delicious Apple 75 cal - Dried Cranberries 110 cal	2 - Sweet Potato Swirl with Popcorn Chicken 240 cal - Pancake Bites 250 cal - Mozzarella Cheese Stick 80 cal - Cinnamon Toast Crunch Bowl 1 oz 120 cal - Reese's Puff Bowl 1 oz 120 cal - Fruit Juice Blend 60 cal - Apple Juice 60 cal - Fresh Apple Slices 30 cal 9 - Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon) 417 cal - Mozzarella Cheese Stick 80 cal - Cereal Blueberry Chex Bowl 1 oz 111 cal - Frosted Corn Flakes Bowl 1 oz 111 cal - Rice Chex Gluten Free Bowl 1 oz 110 cal - Nutrigrain Bar, Strawberry 160 cal - Trix Cereal Bar 1.42 oz 160 cal - WG Toast 90 cal - Orange Wedges 76 cal - Golden Delicious Apple 75 cal
12 No menu published	13 - Cheddar Cheese Cubes 90 cal - Strawberry Yogurt Cup w/ Bear Graham 210 cal - Chicken and Cheese on Croissant 323 cal - Cocoa Puffs Bowl 1 oz 120 cal - Mini Loaf Banana 161 cal - Fruit Juice Blend 60 cal - Apple Juice 60 cal - Fresh Orange 76 cal - Strawberry Kiwi Juice 60 cal - Orange Juice 60 cal - Applesauce, Blue Razzleberry 4.5 oz 50 cal	14 - Mozzarella Cheese Bites, 3 each 340 cal - Mozzarella Cheese Stick 80 cal - Frosted Corn Flakes Bowl 1 oz 110 cal - Banana, fresh 146 cal - Applesauce, Sour Cherry 4.5 oz 70 cal	15 - Chicken and Egg Biscuit 350 cal - Mozzarella Cheese Stick 80 cal - Frosted Corn Flakes Bowl 1 oz 110 cal - Fruit Juice Blend 60 cal - Apple Juice 60 cal - Orange Wedges 76 cal	16 - Mozzarella Cheese Stick 80 cal - Sweet Potato Swirl 140 cal - Frosted Corn Flakes Bowl 1 oz 110 cal - Red Delicious Apple 75 cal - Applesauce, Blue Razzleberry 4.5 oz 50 cal
19 - Mozzarella Cheese Stick 80 cal - WG Double Chocolate Muffin with Cheese 280 cal - Frosted Corn Flakes Bowl 1 oz 110 cal - Applesauce, Blue Razzleberry 4.5 oz 50 cal	20 - Egg & Cheese Breakfast Quesadilla 422 cal - Strawberry Yogurt Cup w/ Bear Graham 210 cal - Mozzarella Cheese Stick 80 cal - Frosted Corn Flakes Bowl 1 oz 110 cal - Fruit Juice Blend 60 cal - Apple Juice 60 cal - Applesauce, Strawberry 4.5 oz 50 cal	21 - Chicken Waffles sandwich 354 cal - Vanilla Yogurt Cup 90 cal - Mozzarella Cheese Stick 80 cal - Rolls, Cinnamon 250 cal - Frosted Corn Flakes Bowl 1 oz 110 cal - Orange Wedges 76 cal	22 - Chicken and Cheese on Croissant 323 cal - Mozzarella Cheese Stick 80 cal - Banana Sliced Bread 260 cal - Frosted Corn Flakes Bowl 1 oz 110 cal - Fruit Juice Blend 60 cal - Apple Juice 60 cal - Red Delicious Apple 75 cal	23 - Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon) 384 cal - Mozzarella Cheese Stick 80 cal - Frosted Corn Flakes Bowl 1 oz 110 cal - Golden Delicious Apple 75 cal
26 - Mozzarella Cheese Stick 80 cal - Rolls, Cinnamon 250 cal - Frosted Corn Flakes Bowl 1 oz 110 cal - Applesauce, Peach 4.5 oz 60 cal	27 - Egg Patty & Chicken Sausage on Croissant 333 cal - Frosted Corn Flakes Bowl 1 oz 110 cal - Applesauce, Sour Cherry 4.5 oz 70 cal	28 - Mozzarella Cheese Bites, 3 each 340 cal - Sandwich, PBJ 2.6 oz 300 cal - Mozzarella Cheese Stick 80 cal - Cereal Blueberry Chex Bowl 1 oz 120 cal - Frosted Corn Flakes Bowl 1 oz 110 cal - Cocoa Puffs Bowl 1 oz 120 cal - Banana, fresh 146 cal - Applesauce, Sour Cherry 4.5 oz 70 cal	29 - Chicken and Egg Biscuit 350 cal - Mozzarella Cheese Stick 80 cal - Cereal Blueberry Chex Bowl 1 oz 120 cal - Frosted Corn Flakes Bowl 1 oz 110 cal - Fruit Juice Blend 60 cal - Apple Juice 60 cal - Orange Wedges 76 cal	30 - Mozzarella Cheese Stick 80 cal - Sweet Potato Swirl 140 cal - Cereal Blueberry Chex Bowl 1 oz 120 cal - Frosted Corn Flakes Bowl 1 oz 110 cal - Red Delicious Apple 75 cal - Applesauce, Blue Razzleberry 4.5 oz 50 cal

Served every day

 Trix Cereal Bowl 1 oz ·  Assorted Milk