

Audubon Park K-8 School

Breakfast · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

5

- Eggs, Bacon & Toast Platter** 230 cal
- Cereal Blueberry Chex Bowl 1 oz 111 cal
- Frosted Corn Flakes Bowl 1 oz 111 cal
- Trix Cereal Bowl 1 oz 110 cal
- Rice Chex Gluten Free Bowl 1 oz 110 cal
- Nutrigrain Bar, Strawberry 160 cal
- Trix Cereal Bar 1.42 oz 160 cal
- Banana Sliced Bread 260 cal
- WG Toast 90 cal
- Peach Cup 90 cal
- Strawberry Cup 80 cal
- Mixed Berry Fruit Cup 90 cal
- Blueberry Muffin Top 250 cal

6

- Mozzarella Cheese Bites, 3 each** 340 cal
- WG Double Chocolate Muffin 170 cal
- Cereal Blueberry Chex Bowl 1 oz 111 cal
- Frosted Corn Flakes Bowl 1 oz 111 cal
- Trix Cereal Bowl 1 oz 110 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
- Peach Cup 90 cal
- Strawberry Cup 80 cal
- Mixed Berry Fruit Cup 90 cal
- Banana Sliced Bread 260 cal

7

- Pancake Bites** 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
- Trix Cereal Bowl 1 oz 110 cal
- Nutrigrain Bar, Strawberry 160 cal
- Trix Cereal Bar 1.42 oz 160 cal
- WG Toast 90 cal
- Banana, fresh 146 cal
- Pineapple, Wedges Frozen 30 cal
- Orange Wedges 76 cal

8

- Power Box with Crackers (no yogurt)** 242 cal
- Blueberry Muffin Top 250 cal
- Cereal Blueberry Chex Bowl 1 oz 111 cal
- Frosted Corn Flakes Bowl 1 oz 111 cal
- Trix Cereal Bowl 1 oz 110 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
- Apple Juice 60 cal
- Fruit Juice Blend 60 cal
- Tangelos, Fresh 47 cal
- Banana, fresh 146 cal
- Fresh Apple Slices 30 cal

9

- Sweet Potato Swirl** 138 cal
- Cereal Blueberry Chex Bowl 1 oz 111 cal
- Frosted Corn Flakes Bowl 1 oz 111 cal
- Trix Cereal Bowl 1 oz 110 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
- Mixed Berry Fruit Cup 90 cal
- Oatmeal 190 cal
- Fresh Apple Slices 30 cal

No menu published

13

- Mozzarella Cheese Bites, 2 each** 227 cal
- Colby Cheese Stick 90 cal
- Mix Fruit Cup 80 cal
- Applesauce, Blue Razzleberry 4.5 oz 50 cal
- Peach Cup 90 cal

14

- Scrambled Eggs with Cheese & Tater Tots Platter** 245 cal
- Nutrigrain Bar, Strawberry 150 cal
- Fresh Apple Slices 30 cal
- Fruit Juice Blend 60 cal
- Fresh Orange 62 cal

15

- Stuffed Hashbrown Potato** 245 cal
- Banana, fresh 146 cal
- Golden Delicious Apple 75 cal

16

- Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon)** 384 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
- Trix Cereal Bowl 1 oz 110 cal
- Cereal Blueberry Chex Bowl 1 oz 120 cal
- Cocoa Puffs Bowl 1 oz 120 cal
- Fruit Juice Blend 60 cal
- Fresh Apple Slices 30 cal
- Scramble Eggs and Toast 169 cal
- Applesauce 4.5 oz 60 cal

19

- Eggs, Bacon & Toast Platter** 230 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
- Trix Cereal Bowl 1 oz 110 cal
- Nutrigrain Bar, Strawberry 150 cal
- WG Toast 90 cal
- Cereal Blueberry Chex Bowl 1 oz 120 cal
- Mix Fruit Cup 80 cal
- Applesauce, Birthday Cake 4.5 oz 70 cal
- Blueberry Muffin Top 250 cal
- Peach Cup 90 cal

20

- Mozzarella Cheese Bites, 3 each** 340 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
- Trix Cereal Bowl 1 oz 110 cal
- Nutrigrain Bar, Strawberry 150 cal
- Diced Peach Cup 70 cal
- Apple Juice 50 cal
- Rice Chex Gluten Free Bowl 1 oz 110 cal

21

- Pancake Bites** 250 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
- Trix Cereal Bowl 1 oz 110 cal
- Nutrigrain Bar, Strawberry 150 cal
- Orange Wedges 76 cal

22

- Power Box with Crackers (no yogurt)** 242 cal
- Cereal Blueberry Chex Bowl 1 oz 120 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
- Trix Cereal Bowl 1 oz 110 cal
- Nutrigrain Bar, Strawberry 150 cal
- Apple Juice 60 cal
- Applesauce, Strawberry 4.5 oz 50 cal
- Diced Peach Cup 70 cal
- Cheerios Gluten Free Bowl 1 oz 101 cal

23

- Frosted Corn Flakes Bowl 1 oz** 110 cal
- Trix Cereal Bowl 1 oz 110 cal
- Nutrigrain Bar, Strawberry 150 cal
- Swirl Raspberry 130 cal
- Golden Delicious Apple 75 cal
- Applesauce 4.5 oz 60 cal
- Buttermilk Pancakes, 2 ea 180 cal

26

- Banana Sliced Bread** 260 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
- Trix Cereal Bowl 1 oz 110 cal
- Nutrigrain Bar, Strawberry 150 cal
- Cereal Blueberry Chex Bowl 1 oz 120 cal
- Applesauce, Birthday Cake 4.5 oz 70 cal
- Orange Juice 60 cal

27

- Mozzarella Cheese Bites, 2 each** 227 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
- Trix Cereal Bowl 1 oz 110 cal
- Nutrigrain Bar, Strawberry 150 cal
- Applesauce, Strawberry 4.5 oz 50 cal
- Diced Peach Cup 70 cal

28

- Scrambled Eggs with Cheese & Tater Tots Platter** 245 cal
- Cereal Blueberry Chex Bowl 1 oz 120 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
- Trix Cereal Bowl 1 oz 110 cal
- Nutrigrain Bar, Strawberry 150 cal
- Fruit Juice Blend 60 cal
- Fresh Apple Slices 30 cal

29

- Stuffed Hashbrown Potato** 245 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
- Trix Cereal Bowl 1 oz 110 cal
- Nutrigrain Bar, Strawberry 150 cal
- Banana, fresh 146 cal
- Fresh Orange 62 cal

30

- Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon)** 384 cal
- Cereal Blueberry Chex Bowl 1 oz 120 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
- Trix Cereal Bowl 1 oz 110 cal
- Nutrigrain Bar, Strawberry 150 cal
- Fruit Juice Blend 60 cal
- Fresh Apple Slices 30 cal
- Scramble Eggs and Toast 169 cal

Served every day

 Mozzarella Cheese Stick
  Assorted Milk