

Freedom Middle 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

- 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

- 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

No menu published

- 13**
- Peanut Butter Spread 194 cal
 - WG Double Chocolate Muffin 200 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Cereal Blueberry Chex Bowl 1 oz 120 cal
 - Nutrigrain Bar, Strawberry 150 cal
 - Applesauce, Strawberry 4.5 oz 50 cal
 - Pineapple, Wedges Frozen 30 cal

- 14**
- Scrambled Eggs with Cheese & Tater Tots Platter 245 cal
 - Pancake Bites 250 cal
 - Cereal Blueberry Chex Bowl 1 oz 120 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Trix Cereal Bar 1.42 oz 150 cal
 - Apple Juice 60 cal
 - Fresh Apple Slices 30 cal

- 15**
- Stuffed Hashbrown Potato 245 cal
 - Blueberry Muffin Top 250 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Orange Wedges 76 cal
 - Mixed Berry Fruit Cup 90 cal

- 16**
- Pacos, (Pancakes, Tacos, Eggs, Cheese and Bacon) 384 cal
 - Sweet Potato Swirl 140 cal
 - Cereal Blueberry Chex Bowl 1 oz 120 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Apple Juice 60 cal
 - Fresh Apple Slices 30 cal

- 19**
- Eggs, Bacon & Toast Platter 230 cal
 - Banana Sliced Bread 260 cal
 - Cereal Blueberry Chex Bowl 1 oz 120 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Peach Cup 90 cal
 - Strawberry Cup 80 cal

- 20**
- Mozzarella Cheese Bites, 3 each 340 cal
 - WG Double Chocolate Muffin 200 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Peach Cup 90 cal
 - Mixed Berry Fruit Cup 90 cal

- 21**
- Pancake Bites 250 cal
 - Cereal Blueberry Chex Bowl 1 oz 120 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Trix Cereal Bar 1.42 oz 150 cal
 - Banana, fresh 146 cal
 - Pineapple, Wedges Frozen 30 cal

- 22**
- Power Box with Crackers (no yogurt) 242 cal
 - Blueberry Muffin Top 250 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Apple Juice 60 cal
 - Peach Cup 90 cal

- 23**
- Swirl Raspberry 130 cal
 - Sweet Potato Swirl 140 cal
 - Cereal Blueberry Chex Bowl 1 oz 120 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Orange Wedges 76 cal
 - Golden Delicious Apple 75 cal

- 26**
- Banana Sliced Bread 260 cal
 - Cereal Blueberry Chex Bowl 1 oz 120 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Apple Juice 60 cal
 - Applesauce, Peach 4.5 oz 60 cal

- 27**
- Mozzarella Cheese Bites, 3 each 340 cal
 - WG Double Chocolate Muffin 200 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Peach Cup 90 cal
 - Strawberry Cup 80 cal

- 28**
- Scrambled Eggs with Cheese & Tater Tots Platter 245 cal
 - Pancake Bites 250 cal
 - Cereal Blueberry Chex Bowl 1 oz 120 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Trix Cereal Bar 1.42 oz 150 cal
 - Apple Juice 60 cal
 - Fresh Apple Slices 30 cal

- 29**
- Stuffed Hashbrown Potato 245 cal
 - Blueberry Muffin Top 250 cal
 - Cereal Blueberry Chex Bowl 1 oz 120 cal
 - Banana, fresh 146 cal
 - Pineapple, Wedges Frozen 30 cal

- 30**
- Pacos, (Pancakes, Tacos, Eggs, Cheese and Bacon) 384 cal
 - Sweet Potato Swirl 140 cal
 - Cereal Blueberry Chex Bowl 1 oz 120 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Fruit Juice Blend 60 cal
 - Fresh Apple Slices 30 cal

Served every day

- Mozzarella Cheese Stick
- Assorted Milk