

Hamlin Middle School

Breakfast · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

5 Eggs, Bacon & Toast Platter 230 cal Mozzarella Cheese Stick 80 cal Cereal Blueberry Chex Bowl 1 oz 111 cal Frosted Corn Flakes Bowl 1 oz 111 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 Mozzarella Cheese Stick 80 cal WG Double Chocolate Muffin 170 cal Cereal Blueberry Chex Bowl 1 oz 111 cal Frosted Corn Flakes Bowl 1 oz 111 cal WG Toast 90 cal Peach Cup 90 cal Strawberry Cup 80 cal Mixed Berry Fruit Cup 90 cal	7 Pancake Bites 250 cal Mozzarella Cheese Stick 80 cal Cereal Blueberry Chex Bowl 1 oz 111 cal Frosted Corn Flakes Bowl 1 oz 111 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 Mozzarella Cheese Stick 80 cal Blueberry Muffin Top 250 cal Cereal Blueberry Chex Bowl 1 oz 111 cal Frosted Corn Flakes Bowl 1 oz 111 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	2 Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon) 417 cal Mozzarella Cheese Stick 80 cal Sweet Potato Swirl 138 cal Cinnamon Toast Crunch Bowl 1 oz 120 cal Cocoa Puffs Bowl 1 oz 120 cal Golden Delicious Apple 75 cal Applesauce, Strawberry 4-5 oz 50 cal Apple Juice 60 cal Fruit Juice Blend 60 cal
12 No menu published	13 Mozzarella Cheese Bites, 3 each 340 cal Cheddar Cubes 90 cal WG Double Chocolate Muffin 200 cal Cereal Blueberry Chex Bowl 1 oz 120 cal Frosted Corn Flakes Bowl 1 oz 110 cal Dried Cranberries 110 cal	14 Scrambled Eggs with Cheese & Tater Tots Platter 245 cal Pancake Bites 250 cal Cheddar Cubes 90 cal Cereal Blueberry Chex Bowl 1 oz 120 cal Frosted Corn Flakes Bowl 1 oz 110 cal Cinnamon Bun 241 cal Cocoa Puffs Bowl 1 oz 120 cal Cinnamon Toast Crunch Bowl RS, 1 oz 110 cal Apple Juice 60 cal Fruit Juice Blend 60 cal Fresh Apple Slices 30 cal Dried Cranberries 110 cal	15 Stuffed Hashbrown Potato 245 cal Mozzarella Cheese Stick 80 cal Blueberry Muffin Top 250 cal Cereal Blueberry Chex Bowl 1 oz 120 cal Frosted Corn Flakes Bowl 1 oz 110 cal Orange Wedges 76 cal Dried Cranberries 110 cal	16 Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon) 384 cal 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 Fruit Juice Blend 60 cal Apple Juice 60 cal Fresh Apple Slices 30 cal
19 Eggs, Bacon & Toast Platter 230 cal Mozzarella Cheese Stick 80 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 Dried Cranberries 110 cal	20 Mozzarella Cheese Bites, 3 each 340 cal Mozzarella Cheese Stick 80 cal WG Double Chocolate Muffin 200 cal Cereal Blueberry Chex Bowl 1 oz 120 cal Frosted Corn Flakes Bowl 1 oz 110 cal Applesauce, Blue Razzleberry 4-5 oz 50 cal Raisels 27 cal	21 Pancake Bites 250 cal Mozzarella Cheese Stick 80 cal Cereal Blueberry Chex Bowl 1 oz 120 cal Frosted Corn Flakes Bowl 1 oz 110 cal Banana, fresh 146 cal Dried Cranberries 110 cal	22 Power Box with Crackers (no yogurt) 242 cal Mozzarella Cheese Stick 80 cal Blueberry Muffin Top 250 cal Cereal Blueberry Chex Bowl 1 oz 120 cal Frosted Corn Flakes Bowl 1 oz 110 cal Apple Juice 60 cal Fruit Juice Blend 60 cal Applesauce, Birthday Cake 4-5 oz 70 cal	23 Mozzarella Cheese Stick 80 cal 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 Fresh Apple Slices 30 cal Dried Cranberries 110 cal
26 Mozzarella Cheese Stick 80 cal 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 Fruit Juice Blend 60 cal Applesauce, Peach 4-5 oz 60 cal	27 Mozzarella Cheese Bites, 3 each 340 cal Mozzarella Cheese Stick 80 cal WG Double Chocolate Muffin 200 cal Cereal Blueberry Chex Bowl 1 oz 120 cal Frosted Corn Flakes Bowl 1 oz 110 cal Peach Cup 90 cal Raisels 27 cal	28 Scrambled Eggs with Cheese & Tater Tots Platter 245 cal Pancake Bites 250 cal Mozzarella Cheese Stick 80 cal Cereal Blueberry Chex Bowl 1 oz 120 cal Frosted Corn Flakes Bowl 1 oz 110 cal Apple Juice 60 cal Fruit Juice Blend 60 cal Fresh Apple Slices 30 cal	29 Stuffed Hashbrown Potato 245 cal Mozzarella Cheese Stick 80 cal Blueberry Muffin Top 250 cal Cereal Blueberry Chex Bowl 1 oz 120 cal Frosted Corn Flakes Bowl 1 oz 110 cal Banana, fresh 146 cal Dried Cranberries 110 cal	30 Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon) 384 cal 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 Fruit Juice Blend 60 cal Apple Juice 60 cal Fresh Apple Slices 30 cal

Served every day

 Rice Chex Gluten Free Bowl 1 oz ·
 Trix Cereal Bowl 1 oz ·
 Nutrigrain Bar, Strawberry ·
 Trix Cereal Bar 1.42 oz ·
 Assorted Milk