

Horizon West 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

9

Mozzarella Cheese Stick	80 cal
Sweet Potato Swirl	138 cal
Cereal Blueberry Chex Bowl 1 oz	111 cal
Frosted Corn Flakes Bowl 1 oz	111 cal
WG Toast	90 cal
Orange Wedges	76 cal
Golden Delicious Apple	75 cal
Mixed Berry Fruit Cup	90 cal

12

No menu published

13

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
Apple Juice	60 cal
Fruit Juice Blend	60 cal
Diced Peach Cup	70 cal

14

Pancake Bites	250 cal
Mozzarella Cheese Stick	80 cal
Chicken Biscuit	333 cal
Cereal Blueberry Chex Bowl 1 oz	120 cal
Frosted Corn Flakes Bowl 1 oz	110 cal
Cinnamon Toast Crunch Bowl RS, 1 oz	110 cal
Cheerios Gluten Free Bowl 1 oz	101 cal
Orange Wedges	76 cal

15

Stuffed Hashbrown Potato	245 cal
Blueberry Muffin Top	250 cal
Cereal Blueberry Chex Bowl 1 oz	120 cal
Frosted Corn Flakes Bowl 1 oz	110 cal
WG Toast	90 cal
Orange Wedges	76 cal
Golden Delicious Apple	75 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
WG Toast	90 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
WG Toast	90 cal
Cheerios Gluten Free Bowl 1 oz	101 cal

20

Mozzarella Cheese Bites, 3 each	340 cal
WG Double Chocolate Muffin	200 cal
Cereal Blueberry Chex Bowl 1 oz	120 cal
Frosted Corn Flakes Bowl 1 oz	110 cal

21

Pancake Bites	250 cal
Cereal Blueberry Chex Bowl 1 oz	120 cal
Frosted Corn Flakes Bowl 1 oz	110 cal
WG Toast	90 cal

22

Power Box with Crackers (no yogurt)	242 cal
Blueberry Muffin Top	250 cal
Cereal Blueberry Chex Bowl 1 oz	120 cal
Frosted Corn Flakes Bowl 1 oz	110 cal
WG Toast	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
WG Toast	90 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, Sour Cherry 4.5 oz	70 cal
Applesauce, Peach 4.5 oz	60 cal
Applesauce, Blue Razzleberry 4.5 oz	50 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

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

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

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

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