

Independence Elementary School

Breakfast · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

5

-  **Eggs, Bacon & Toast Platter** 230 cal
-  Frosted Corn Flakes Bowl 1 oz 111 cal
-  Banana Sliced Bread 260 cal
-  Peach 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
-  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
-  Pineapple, Wedges Frozen 30 cal

1

-  **Scrambled Eggs with Cheese & Tater Tots Platter** 211 cal
-  Blueberry Muffin Top 250 cal
-  Cinnamon Toast Crunch Bowl 1 oz 120 cal
-  Cocoa Puffs Bowl 1 oz 120 cal
-  Apple Juice 60 cal
-  Red Delicious Apple 75 cal

2

-  **Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon)** 417 cal
-  Cocoa Puffs Bowl 1 oz 120 cal
-  Orange Wedges 76 cal
-  Applesauce, Strawberry 4.5 oz 50 cal

12

No menu published

13

-  **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
-  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
-  Frosted Corn Flakes Bowl 1 oz 110 cal
-  Apple Juice 60 cal
-  Fruit Juice Blend 60 cal
-  Golden Delicious Apple 75 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
-  Orange Wedges 76 cal
-  Golden Delicious Apple 75 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
-  Fruit Juice Blend 60 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
-  Cereal Blueberry Chex Bowl 1 oz 120 cal
-  Frosted Corn Flakes Bowl 1 oz 110 cal
-  Peach Cup 90 cal
-  Strawberry Cup 80 cal

21

-  **Pancake Bites** 250 cal
-  Cereal Blueberry Chex Bowl 1 oz 120 cal
-  Frosted Corn Flakes Bowl 1 oz 110 cal
-  Banana, fresh 146 cal
-  Pineapple, Wedges Frozen 30 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
-  Apple Juice 60 cal
-  Fruit Juice Blend 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
-  Fruit Juice Blend 60 cal
-  Applesauce, Birthday Cake 4.5 oz 70 cal

27

-  **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
-  Peach Cup 90 cal
-  Strawberry Cup 80 cal
-  Pineapple, Wedges Frozen 30 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
-  Apple Juice 60 cal
-  Fruit Juice Blend 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
-  Frosted Corn Flakes Bowl 1 oz 110 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
-  Apple Juice 60 cal
-  Fresh Apple Slices 30 cal

Served every day

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