

Jones High School

Breakfast · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

- WG Double Chocolate Muffin with Cheese** 250 cal
- Cereal Blueberry Chex Bowl 1 oz 111 cal
 - Frosted Corn Flakes Bowl 1 oz 111 cal
 - Nutrigrain Bar, Strawberry 160 cal
 - Trix Cereal Bar 1.42 oz 160 cal
 - Applesauce, Birthday Cake 4.5 oz 70 cal
 - Applesauce, Sour Cherry 4.5 oz 70 cal
 - Applesauce, Peach 4.5 oz 60 cal
 - Applesauce, Blue Razzleberry 4.5 oz 50 cal

- Egg & Cheese Breakfast Quesadilla** 378 cal
- Yogurt Cup with Granola 224 cal
 - Strawberry Yogurt Cup w/ Bear Graham 212 cal
 - Cereal Blueberry Chex Bowl 1 oz 111 cal
 - Frosted Corn Flakes Bowl 1 oz 111 cal
 - Nutrigrain Bar, Strawberry 160 cal
 - Trix Cereal Bar 1.42 oz 160 cal
 - WG Toast 90 cal
 - Fruit Juice Blend 60 cal
 - Apple Juice 60 cal
 - Applesauce 4.5 oz 60 cal
 - Applesauce, Strawberry 4.5 oz 50 cal

- Chicken Waffles sandwich** 377 cal
- Vanilla Yogurt Cup 90 cal
 - Strawberry Yogurt Cup 90 cal
 - Rolls, Cinnamon 302 cal
 - Cereal Blueberry Chex Bowl 1 oz 111 cal
 - Frosted Corn Flakes Bowl 1 oz 111 cal
 - Nutrigrain Bar, Strawberry 160 cal
 - Trix Cereal Bar 1.42 oz 160 cal
 - WG Toast 90 cal
 - Tangelos, Fresh 47 cal
 - Orange Wedges 76 cal

- Chicken and Cheese on Croissant** 323 cal
- Banana Sliced Bread 260 cal
 - Cereal Blueberry Chex Bowl 1 oz 111 cal
 - Frosted Corn Flakes Bowl 1 oz 111 cal
 - Nutrigrain Bar, Strawberry 160 cal
 - Trix Cereal Bar 1.42 oz 160 cal
 - WG Toast 90 cal
 - Fruit Juice Blend 60 cal
 - Apple Juice 60 cal
 - Red Delicious Apple 75 cal
 - Dried Cranberries 110 cal

- Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon)** 417 cal
- Cereal Blueberry Chex Bowl 1 oz 111 cal
 - Frosted Corn Flakes Bowl 1 oz 111 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

No menu published

- Power Box with Yogurt, Graham & Cheese** 332 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
 - Cheerios Gluten Free Bowl 1 oz 101 cal
 - Fruit Juice Blend 60 cal
 - Apple Juice 60 cal
 - Applesauce, Blue Razzleberry 4.5 oz 50 cal

- Mozzarella Cheese Bites, 3 each** 340 cal
- Sandwich, PBJ 2.6 oz 300 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 150 cal
 - Trix Cereal Bar 1.42 oz 150 cal
 - Applesauce, Sour Cherry 4.5 oz 70 cal
 - Fresh Orange 62 cal

- Chicken and Egg Biscuit** 350 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
 - Cheerios Gluten Free Bowl 1 oz 101 cal
 - Fruit Juice Blend 60 cal
 - Apple Juice 60 cal
 - Golden Delicious Apple 75 cal

- Sweet Potato Swirl** 140 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 150 cal
 - Trix Cereal Bar 1.42 oz 150 cal
 - Cinnamon Toast Crunch Bowl RS, 1 oz 110 cal
 - Red Delicious Apple 75 cal
 - Applesauce, Blue Razzleberry 4.5 oz 50 cal

- WG Double Chocolate Muffin with Cheese** 280 cal
- Cereal Blueberry Chex Bowl 1 oz 120 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 150 cal
 - Trix Cereal Bar 1.42 oz 150 cal
 - Applesauce, Birthday Cake 4.5 oz 70 cal
 - Applesauce, Blue Razzleberry 4.5 oz 50 cal

- Yogurt Cup with Granola** 210 cal
- Cereal Blueberry Chex Bowl 1 oz 120 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 150 cal
 - Trix Cereal Bar 1.42 oz 150 cal
 - Apple Juice 60 cal
 - Applesauce 4.5 oz 60 cal
 - Applesauce, Strawberry 4.5 oz 50 cal

- Chicken Waffles sandwich** 354 cal
- Cereal Blueberry Chex Bowl 1 oz 120 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 150 cal
 - Trix Cereal Bar 1.42 oz 150 cal
 - Tangelos, Fresh 47 cal
 - Orange Wedges 76 cal

- Banana Sliced Bread** 260 cal
- Cereal Blueberry Chex Bowl 1 oz 120 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 150 cal
 - Trix Cereal Bar 1.42 oz 150 cal
 - Apple Juice 60 cal
 - Red Delicious Apple 75 cal

- 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
 - Nutrigrain Bar, Strawberry 150 cal
 - Trix Cereal Bar 1.42 oz 150 cal
 - Orange Wedges 76 cal
 - Golden Delicious Apple 75 cal

- Rolls, Cinnamon** 250 cal
- Cereal Blueberry Chex Bowl 1 oz 120 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 150 cal
 - Trix Cereal Bar 1.42 oz 150 cal
 - Cinnamon Toast Crunch Bowl RS, 1 oz 110 cal
 - Cocoa Puffs Bowl 1 oz 120 cal
 - Applesauce, Birthday Cake 4.5 oz 70 cal
 - Applesauce, Peach 4.5 oz 60 cal

- Power Box with Yogurt, Granola & Cheese** 330 cal
- Egg Patty & Chicken Sausage on Croissant 333 cal
 - Cereal Blueberry Chex Bowl 1 oz 120 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Applesauce, Birthday Cake 4.5 oz 70 cal
 - Applesauce, Sour Cherry 4.5 oz 70 cal

- Mozzarella Cheese Bites, 3 each** 340 cal
- Sandwich, PBJ 2.6 oz 300 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
 - Cinnamon Toast Crunch Bowl RS, 1 oz 110 cal
 - Tangelos, Fresh 47 cal
 - Apple Juice 90 cal
 - Orange Juice 60 cal

- Chicken and Egg Biscuit** 350 cal
- Cereal Blueberry Chex Bowl 1 oz 120 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Cocoa Puffs Bowl 1 oz 120 cal
 - Fruit Juice Blend 60 cal
 - Apple Juice 60 cal
 - Orange Wedges 76 cal

- Sweet Potato Swirl** 140 cal
- Cereal Blueberry Chex Bowl 1 oz 120 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 150 cal
 - Trix Cereal Bar 1.42 oz 150 cal
 - Dried Cranberries 110 cal
 - Applesauce, Blue Razzleberry 4.5 oz 50 cal

Served every day

Mozzarella Cheese Stick · Rice Chex Gluten Free Bowl 1 oz · Trix Cereal Bowl 1 oz · Assorted Milk