

Keenes Crossing Elementary School

Breakfast · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

- 5**
- Eggs, Bacon & Toast Platter 230 cal
 - Mozzarella Cheese Stick 80 cal
 - Frosted Corn Flakes Bowl 1 oz 111 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 160 cal
 - Nutrigrain Bar, Apple Cinnamon 143 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
 - Trix Cereal Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 160 cal
 - Apple Juice 60 cal
 - Strawberry Kiwi Juice 60 cal

- 7**
- Mozzarella Cheese Stick 80 cal
 - Pancake Bites 250 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 160 cal
 - Banana, fresh 146 cal
 - Pineapple, Wedges Frozen 30 cal

- 8**
- Power Box with Crackers (no yogurt) 242 cal
 - Mozzarella Cheese Stick 80 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 160 cal
 - Nutrigrain Bar, Apple Cinnamon 143 cal
 - Apple Juice 60 cal
 - Strawberry Kiwi Juice 60 cal

- 9**
- Mozzarella Cheese Stick 80 cal
 - Sweet Potato Swirl 138 cal
 - Cheerios Gluten Free Bowl 1 oz 101 cal

No menu published

- 13**
- Cheddar Cheese Cubes 90 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Cocoa Puffs Bowl 1 oz 120 cal
 - Trix Cereal Bar 1.42 oz 150 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
 - Applesauce, Strawberry 4.5 oz 50 cal
 - Applesauce, Birthday Cake 4.5 oz 70 cal
 - 2 Mozzarella Cheese Bites with Marinara Sauce 267 cal

- 14**
- Scrambled Eggs with Cheese & Tater Tots Platter 245 cal
 - Mozzarella Cheese Stick 80 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 150 cal
 - Nutrigrain Bar, Apple Cinnamon 143 cal
 - Apple Juice 60 cal
 - Strawberry Kiwi Juice 60 cal
 - Pineapple, Wedges Frozen 30 cal

- 15**
- Stuffed Hashbrown Potato 245 cal
 - Mozzarella Cheese Stick 80 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Banana, fresh 146 cal
 - Fresh Apple Slices 30 cal

- 16**
- Pacos, (Pancakes, Tacos, Eggs, Cheese and Bacon) 384 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 150 cal
 - Nutrigrain Bar, Apple Cinnamon 143 cal
 - Apple Juice 60 cal
 - Strawberry Kiwi Juice 60 cal
 - Scramble Eggs and Toast 169 cal
 - Applesauce 4.5 oz 60 cal

- 19**
- Eggs, Bacon & Toast Platter 230 cal
 - Mozzarella Cheese Stick 80 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 150 cal
 - Nutrigrain Bar, Apple Cinnamon 143 cal
 - Strawberry Cup 80 cal
 - Mixed Berry Fruit Cup 90 cal
 - Blueberry Muffin Top 250 cal
 - Peach Cup 90 cal

- 20**
- Mozzarella Cheese Bites, 3 each 340 cal
 - Mozzarella Cheese Stick 80 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 150 cal
 - Nutrigrain Bar, Apple Cinnamon 143 cal
 - Mixed Berry Fruit Cup 90 cal
 - Apple Juice 60 cal
 - Strawberry Kiwi Juice 60 cal
 - Strawberry Cup 80 cal

- 21**
- Pancake Bites 250 cal
 - Mozzarella Cheese Stick 80 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 150 cal
 - Nutrigrain Bar, Apple Cinnamon 143 cal
 - Banana, fresh 146 cal

- 22**
- Power Box with Crackers (no yogurt) 242 cal
 - Mozzarella Cheese Stick 80 cal
 - Nutrigrain Bar, Strawberry 150 cal
 - Nutrigrain Bar, Apple Cinnamon 143 cal
 - Apple Juice 60 cal
 - Peach Cup 90 cal
 - Strawberry Kiwi Juice 60 cal
 - Cheerios Gluten Free Bowl 1 oz 101 cal

- 23**
- Mozzarella Cheese Stick 80 cal
 - Swirl Raspberry 130 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 150 cal
 - Nutrigrain Bar, Apple Cinnamon 143 cal
 - Applesauce 4.5 oz 60 cal
 - Buttermilk Pancakes, 2 ea 180 cal

- 26**
- Mozzarella Cheese Stick 80 cal
 - Banana Sliced Bread 260 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 150 cal
 - Nutrigrain Bar, Apple Cinnamon 143 cal
 - Applesauce, Sour Cherry 4.5 oz 70 cal
 - Apple Juice 60 cal
 - Strawberry Kiwi Juice 60 cal

- 27**
- Mozzarella Cheese Bites, 3 each 340 cal
 - Mozzarella Cheese Stick 80 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 150 cal
 - Nutrigrain Bar, Apple Cinnamon 143 cal
 - Pineapple, Wedges Frozen 30 cal
 - 2 Mozzarella Cheese Bites with Marinara Sauce 267 cal

- 28**
- Scrambled Eggs with Cheese & Tater Tots Platter 245 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 150 cal
 - Nutrigrain Bar, Apple Cinnamon 143 cal
 - Apple Juice 60 cal
 - Fresh Apple Slices 30 cal
 - Strawberry Kiwi Juice 60 cal

- 29**
- Stuffed Hashbrown Potato 245 cal
 - Mozzarella Cheese Stick 80 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Nutrigrain Bar, Apple Cinnamon 143 cal
 - Banana, fresh 146 cal

- 30**
- Pacos, (Pancakes, Tacos, Eggs, Cheese and Bacon) 384 cal
 - Mozzarella Cheese Stick 80 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 150 cal
 - Nutrigrain Bar, Apple Cinnamon 143 cal
 - Apple Juice 60 cal
 - Strawberry Kiwi Juice 60 cal
 - Scramble Eggs and Toast 169 cal
 - Fresh Apple Slices 30 cal

Served every day

 Rice Chex Gluten Free Bowl 1 oz ·  Assorted Milk