

# Lake George Elementary School

Breakfast · October 2026

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

- 5 Eggs, Bacon & Toast Platter** 230 cal
- Cereal Blueberry Chex Bowl 1 oz 111 cal
  - Frosted Corn Flakes Bowl 1 oz 110 cal
  - Rice Chex Gluten Free Bowl 1 oz 110 cal
  - Nutrigrain Bar, Strawberry 160 cal
  - Trix Cereal Bar 1.42 oz 160 cal
  - Banana Sliced Bread 260 cal
  - WG Toast 90 cal
  - Peach Cup 90 cal
  - Strawberry Cup 80 cal
  - Mixed Berry Fruit Cup 90 cal
  - Blueberry Muffin Top 250 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 110 cal
  - Rice Chex Gluten Free Bowl 1 oz 110 cal
  - Nutrigrain Bar, Strawberry 160 cal
  - Trix Cereal Bar 1.42 oz 160 cal
  - WG Toast 90 cal
  - Peach Cup 90 cal
  - Strawberry Cup 80 cal
  - Mixed Berry Fruit Cup 90 cal
  - Banana Sliced Bread 260 cal

- 7 Pancake Bites** 250 cal
- Cereal Blueberry Chex Bowl 1 oz 111 cal
  - Frosted Corn Flakes Bowl 1 oz 110 cal
  - Rice Chex Gluten Free Bowl 1 oz 110 cal
  - Nutrigrain Bar, Strawberry 160 cal
  - Trix Cereal Bar 1.42 oz 160 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
- Blueberry Muffin Top 250 cal
  - Cereal Blueberry Chex Bowl 1 oz 111 cal
  - Frosted Corn Flakes Bowl 1 oz 110 cal
  - Rice Chex Gluten Free Bowl 1 oz 110 cal
  - Nutrigrain Bar, Strawberry 160 cal
  - Trix Cereal Bar 1.42 oz 160 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 Sweet Potato Swirl** 138 cal
- Cereal Blueberry Chex Bowl 1 oz 111 cal
  - Frosted Corn Flakes Bowl 1 oz 110 cal
  - Rice Chex Gluten Free Bowl 1 oz 110 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
  - Mixed Berry Fruit Cup 90 cal
  - Oatmeal 190 cal
  - Fresh Apple Slices 30 cal

No menu published

- 13 Mozzarella Cheese Bites, 3 each** 340 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
  - Rice Chex Gluten Free Bowl 1 oz 110 cal
  - Cinnamon Toast Crunch R/S Bowl 1 oz 110 cal
  - Cocoa Puffs Bowl 1 oz 120 cal
  - Peach Cup 90 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
- Rice Chex Gluten Free Bowl 1 oz 110 cal
  - Cinnamon Toast Crunch R/S Bowl 1 oz 110 cal
  - Cocoa Puffs Bowl 1 oz 120 cal
  - Apple Juice 60 cal
  - Fruit Juice Blend 60 cal
  - Fresh Apple Slices 30 cal
  - Pineapple, Wedges Frozen 30 cal

- 15 Stuffed Hashbrown Potato** 245 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
  - Rice Chex Gluten Free Bowl 1 oz 110 cal
  - Cinnamon Toast Crunch R/S Bowl 1 oz 110 cal
  - Cocoa Puffs Bowl 1 oz 120 cal
  - Golden Delicious Apple 75 cal
  - Mixed Berry Fruit Cup 90 cal
  - Fresh Apple Slices 30 cal

- 16 Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon)** 384 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
  - Fresh DoD Apple 77 cal
  - Scramble Eggs and Toast 169 cal

- 19 Eggs, Bacon & Toast Platter** 230 cal
- Cocoa Puffs Bowl 1 oz 120 cal
  - Cinnamon Toast Crunch Bowl RS, 1 oz 110 cal
  - Blueberry Muffin Top 250 cal
  - Peach Cup 90 cal

- 20 Mozzarella Cheese Bites, 3 each** 340 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
  - Cocoa Puffs Bowl 1 oz 120 cal
  - Strawberry Cup 80 cal
  - Rice Chex Gluten Free Bowl 1 oz 110 cal

- 21 Pancake Bites** 250 cal
- Cinnamon Toast Crunch Bowl RS, 1 oz 110 cal
  - Cocoa Puffs Bowl 1 oz 120 cal
  - Pineapple, Wedges Frozen 30 cal
  - Orange Wedges 76 cal

- 22 Power Box with Crackers (no yogurt)** 242 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
  - Cocoa Puffs Bowl 1 oz 120 cal
  - Apple Juice 60 cal
  - Fruit Juice Blend 60 cal
  - Peach Cup 90 cal
  - Cheerios Gluten Free Bowl 1 oz 101 cal

- 23 Swirl Raspberry** 130 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
  - Cocoa Puffs Bowl 1 oz 120 cal
  - Orange Wedges 76 cal
  - Applesauce 4.5 oz 60 cal
  - Buttermilk Pancakes, 2 ea 180 cal

- 26 Banana Sliced Bread** 260 cal
- Cinnamon Toast Crunch Bowl RS, 1 oz 110 cal
  - Cocoa Puffs Bowl 1 oz 120 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
- Frosted Corn Flakes Bowl 1 oz 110 cal
  - Cocoa Puffs Bowl 1 oz 120 cal
  - Peach Cup 90 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
- Frosted Corn Flakes Bowl 1 oz 110 cal
  - Cocoa Puffs Bowl 1 oz 120 cal
  - Apple Juice 60 cal
  - Fruit Juice Blend 60 cal
  - Fresh Apple Slices 30 cal

- 29 Stuffed Hashbrown Potato** 245 cal
- Cocoa Puffs Bowl 1 oz 120 cal
  - Cinnamon Toast Crunch Bowl RS, 1 oz 110 cal
  - Pineapple, Wedges Frozen 30 cal

- 30 Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon)** 384 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
  - Fresh Apple Slices 30 cal
  - Scramble Eggs and Toast 169 cal

## Served every day

- Mozzarella Cheese Stick
- Trix Cereal Bowl 1 oz
- Assorted Milk