

Luminary Middle School

Breakfast · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

5

- Eggs, Bacon & Toast Platter** 230 cal
- Rice Chex Gluten Free Bowl 1 oz 110 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

6

- Mozzarella Cheese Bites, 3 each** 340 cal
- WG Double Chocolate Muffin 170 cal
- Rice Chex Gluten Free Bowl 1 oz 110 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

7

- Pancake Bites** 250 cal
- Rice Chex Gluten Free Bowl 1 oz 110 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

1

- Scrambled Eggs with Cheese & Tater Tots Platter** 211 cal
- Sunflower Seeds 204 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
- Fruit Punch Juice 60 cal

2

- Sunflower Seeds** 204 cal
- Sweet Potato Swirl 138 cal
- Cinnamon Toast Crunch Bowl 1 oz 120 cal
- Cocoa Puffs Bowl 1 oz 120 cal
- Trix Cereal Bar 1.42 oz 160 cal
- Orange Wedges 76 cal
- Golden Delicious Apple 75 cal
- Fruit Punch Juice 60 cal

8

- Power Box with Crackers (no yogurt)** 242 cal
- Blueberry Muffin Top 250 cal
- Rice Chex Gluten Free Bowl 1 oz 110 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
- Rice Chex Gluten Free Bowl 1 oz 110 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

12

No menu published

13

- Sunflower Seeds** 204 cal
- Cheddar Cubes 90 cal
- Mozzarella Cheese Bites, 2 each 227 cal
- WG Double Chocolate Muffin 200 cal
- Rice Chex Gluten Free Bowl 1 oz 110 cal
- Cheerios Gluten Free Bowl 1 oz 101 cal
- Cocoa Puffs Bowl 1 oz 120 cal
- Dried Cranberries 110 cal

14

- Scrambled Eggs with Cheese & Tater Tots Platter** 245 cal
- Pancake Bites 250 cal
- Trix Cereal Bar 1.42 oz 150 cal
- Fruit Juice Blend 60 cal
- Fresh Apple Slices 30 cal

15

- Stuffed Hashbrown Potato** 245 cal
- Blueberry Muffin Top 250 cal
- Orange Wedges 76 cal
- Mixed Berry Fruit Cup 90 cal

16

- Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon)** 384 cal
- Sweet Potato Swirl 140 cal
- Trix Cereal Bar 1.42 oz 150 cal
- Fruit Juice Blend 60 cal
- Fresh Apple Slices 30 cal

19

- Eggs, Bacon & Toast Platter** 230 cal
- Banana Sliced Bread 260 cal
- Strawberry Cup 80 cal
- Mixed Berry Fruit Cup 90 cal

20

- Mozzarella Cheese Bites, 3 each** 340 cal
- WG Double Chocolate Muffin 200 cal
- Peach Cup 90 cal
- Mixed Berry Fruit Cup 90 cal

21

- Pancake Bites** 250 cal
- Trix Cereal Bar 1.42 oz 150 cal
- Pineapple, Wedges Frozen 30 cal
- Orange Wedges 76 cal

22

- Power Box with Crackers (no yogurt)** 242 cal
- Blueberry Muffin Top 250 cal
- Apple Juice 60 cal
- Mixed Berry Fruit Cup 90 cal

23

- Swirl Raspberry** 130 cal
- Sweet Potato Swirl 140 cal
- Trix Cereal Bar 1.42 oz 150 cal
- Orange Wedges 76 cal
- Mixed Berry Fruit Cup 90 cal

26

- Banana Sliced Bread** 260 cal
- Trix Cereal Bar 1.42 oz 150 cal
- Fruit Juice Blend 60 cal
- Mixed Berry Fruit Cup 90 cal

27

- Mozzarella Cheese Bites, 3 each** 340 cal
- WG Double Chocolate Muffin 200 cal
- Strawberry Cup 80 cal
- Pineapple, Wedges Frozen 30 cal

28

- Scrambled Eggs with Cheese & Tater Tots Platter** 245 cal
- Pancake Bites 250 cal
- Fruit Juice Blend 60 cal
- Fresh Apple Slices 30 cal

29

- Stuffed Hashbrown Potato** 245 cal
- Blueberry Muffin Top 250 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
- Trix Cereal Bar 1.42 oz 150 cal
- Apple Juice 60 cal
- Fresh Apple Slices 30 cal

Served every day

- Mozzarella Cheese Stick · Trix Cereal Bowl 1 oz · Nutrigrain Bar, Strawberry · Assorted Milk · Cereal Blueberry Chex Bowl 1 oz
- Frosted Corn Flakes Bowl 1 oz