

Pershing K-8

Breakfast · October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Scrambled Eggs with Cheese & Tater Tots Platter Mozzarella Cheese 80 cal Rice Chex Gluten Free Bowl 1 oz 110 cal Cinnamon Toast Crunch Bowl 1 oz 120 cal Cocoa Puffs Bowl 1 oz 120 cal Reese's Puff Bowl 1 oz 120 cal Apple Juice 60 cal Fresh Apple Slices 30 cal	2 Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon) Rice Chex Gluten Free Bowl 1 oz 110 cal Cinnamon Toast Crunch Bowl 1 oz 120 cal Cocoa Puffs Bowl 1 oz 120 cal Nutrigrain Bar, Strawberry 160 cal WG Toast 90 cal Reese's Puff Bowl 1 oz 120 cal Applesauce, Blue Razzleberry 4.5 oz 50 cal Applesauce, Birthday Cake 4.5 oz 70 cal
5 Eggs, Bacon & Toast Platter Cereal Blueberry Chex Bowl 1 oz 111 cal Frosted Corn Flakes Bowl 1 oz 111 cal Trix Cereal Bowl 1 oz 110 cal Rice Chex Gluten Free Bowl 1 oz 110 cal Nutrigrain Bar, Strawberry 160 cal WG Toast 90 cal Peach Cup 90 cal Mixed Berry Fruit Cup 90 cal	6 Mozzarella Cheese Bites, 3 each Mozzarella Cheese 80 cal Cereal Blueberry Chex Bowl 1 oz 111 cal Frosted Corn Flakes Bowl 1 oz 111 cal Trix Cereal Bowl 1 oz 110 cal Rice Chex Gluten Free Bowl 1 oz 110 cal Nutrigrain Bar, Strawberry 160 cal Strawberry Cup 80 cal Apple Juice 60 cal	7 Pancake Bites Cereal Blueberry Chex Bowl 1 oz 111 cal Frosted Corn Flakes Bowl 1 oz 111 cal Rice Chex Gluten Free Bowl 1 oz 110 cal Trix Cereal Bowl 1 oz 110 cal Nutrigrain Bar, Strawberry 160 cal WG Toast 90 cal Applesauce, Birthday Cake 4.5 oz 50 cal Applesauce 4.5 oz 60 cal	8 Power Box with Crackers (no yogurt) Mozzarella Cheese 80 cal Cereal Blueberry Chex Bowl 1 oz 111 cal Frosted Corn Flakes Bowl 1 oz 111 cal Trix Cereal Bowl 1 oz 110 cal Rice Chex Gluten Free Bowl 1 oz 110 cal Nutrigrain Bar, Strawberry 160 cal Apple Juice 60 cal Fresh Apple Slices 30 cal	9 Mozzarella Cheese Stick Sweet Potato Swirl 138 cal Cereal Blueberry Chex Bowl 1 oz 111 cal Frosted Corn Flakes Bowl 1 oz 111 cal Trix Cereal 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
No menu published	12 Mozzarella Cheese Bites, 3 each Sunflower Seeds 204 cal Applesauce 4.5 oz 60 cal Applesauce, Peach 4.5 oz 60 cal	13 Scrambled Eggs with Cheese & Tater Tots Platter Mozzarella Cheese 80 cal Nutrigrain Bar, Strawberry 150 cal Trix Cereal Bar 1.42 oz 150 cal Apple Juice 60 cal Fresh Apple Slices 30 cal	14 Stuffed Hashbrown Potato Mozzarella Cheese 80 cal Applesauce, Sour Cherry 4.5 oz 70 cal Applesauce, Peach 4.5 oz 60 cal	15 Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon) Cereal Blueberry Chex Bowl 1 oz 120 cal Frosted Corn Flakes Bowl 1 oz 110 cal Rice Chex Gluten Free Bowl 1 oz 110 cal Trix Cereal Bowl 1 oz 110 cal Apple Juice 60 cal Fresh Apple Slices 30 cal
No menu published	No menu published	No menu published	19 Power Box with Crackers (no yogurt) Mozzarella Cheese 80 cal Stick 250 cal Cereal Blueberry Chex Bowl 1 oz 120 cal Frosted Corn Flakes Bowl 1 oz 110 cal Trix Cereal Bowl 1 oz 110 cal Rice Chex Gluten Free Bowl 1 oz 110 cal Nutrigrain Bar, Strawberry 150 cal Trix Cereal Bar 1.42 oz 150 cal WG Toast 90 cal Apple Juice 60 cal Fruit Juice Blend 60 cal Peach Cup 90 cal Strawberry Cup 80 cal Mixed Berry Fruit Cup 90 cal	20 Mozzarella Cheese Stick 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 Trix Cereal Bowl 1 oz 110 cal Rice Chex Gluten Free Bowl 1 oz 110 cal Nutrigrain Bar, Strawberry 150 cal Trix Cereal Bar 1.42 oz 150 cal WG Toast 90 cal Orange Wedges 76 cal Golden Delicious Apple 75 cal Mixed Berry Fruit Cup 90 cal
26 Mozzarella Cheese Stick Banana Sliced Bread 260 cal Cereal Blueberry Chex Bowl 1 oz 120 cal Frosted Corn Flakes Bowl 1 oz 110 cal Rice Chex Gluten Free Bowl 1 oz 110 cal Trix Cereal Bowl 1 oz 110 cal Nutrigrain Bar, Strawberry 150 cal WG Toast 90 cal Apple Juice 60 cal Fruit Juice Blend 60 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	27 Mozzarella Cheese Bites, 3 each Mozzarella Cheese 80 cal WG Double Chocolate Muffin 200 cal Cereal Blueberry Chex Bowl 1 oz 120 cal Frosted Corn Flakes Bowl 1 oz 110 cal Trix Cereal Bowl 1 oz 110 cal Rice Chex Gluten Free Bowl 1 oz 110 cal Nutrigrain Bar, Strawberry 150 cal Trix Cereal Bar 1.42 oz 150 cal WG Toast 90 cal Peach Cup 90 cal Strawberry Cup 80 cal Pineapple, Wedges Frozen 30 cal	28 Scrambled Eggs with Cheese & Tater Tots Platter Pancake Bites 250 cal Mozzarella Cheese 80 cal Cereal Blueberry Chex Bowl 1 oz 120 cal Frosted Corn Flakes Bowl 1 oz 110 cal Trix Cereal Bowl 1 oz 110 cal Rice Chex Gluten Free Bowl 1 oz 110 cal Nutrigrain Bar, Strawberry 150 cal Trix Cereal Bar 1.42 oz 150 cal WG Toast 90 cal Apple Juice 60 cal Fruit Juice Blend 60 cal Orange Wedges 76 cal Golden Delicious Apple 75 cal Fresh Apple Slices 30 cal	29 Stuffed Hashbrown Potato Mozzarella Cheese 80 cal Stick 250 cal Cereal Blueberry Chex Bowl 1 oz 120 cal Frosted Corn Flakes Bowl 1 oz 110 cal Trix Cereal Bowl 1 oz 110 cal Rice Chex Gluten Free Bowl 1 oz 110 cal Trix Cereal Bar 1.42 oz 150 cal Nutrigrain Bar, Strawberry 150 cal WG Toast 90 cal Banana, fresh 146 cal Pineapple, Wedges Frozen 30 cal Orange Wedges 76 cal	30 Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon) Mozzarella Cheese 80 cal Sweet Potato Swirl 140 cal Cereal Blueberry Chex Bowl 1 oz 120 cal Frosted Corn Flakes Bowl 1 oz 110 cal Rice Chex Gluten Free Bowl 1 oz 110 cal Trix Cereal Bowl 1 oz 110 cal Nutrigrain Bar, Strawberry 150 cal Trix Cereal Bar 1.42 oz 150 cal WG Toast 90 cal Fruit Juice Blend 60 cal Apple Juice 60 cal Fresh Tangerine 40 cal Fresh Apple Slices 30 cal

Served every day

Assorted Milk