

Piedmont Lakes Middle 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 111 cal
 - Rice Chex Gluten Free Bowl 1 oz 110 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
 - 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
 - WG Toast 90 cal
 - Peach Cup 90 cal
 - Strawberry Cup 80 cal
 - Mixed Berry Fruit Cup 90 cal

- 7 Pancake Bites** 250 cal
- 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
 - 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 111 cal
 - Rice Chex Gluten Free Bowl 1 oz 110 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 111 cal
 - Rice Chex Gluten Free Bowl 1 oz 110 cal
 - WG Toast 90 cal
 - Orange Wedges 76 cal
 - Golden Delicious Apple 75 cal
 - Mixed Berry Fruit Cup 90 cal

No menu published

- 12 Cherry G-Force Bar** 200 cal
- Mozzarella Cheese Bites, 2 each 227 cal
 - WG Double Chocolate Muffin 200 cal
 - Banana Sliced Bread 260 cal
 - Blueberry Muffin Top 250 cal
 - Cinnamon Toast Crunch R/S Bowl 1 oz 120 cal
 - Peach Cup 90 cal
 - Mix Fruit Cup 80 cal

- 13 Scrambled Eggs with Cheese & Tater Tots Platter** 245 cal
- Pancake Bites 250 cal
 - Cherry G-Force Bar 200 cal
 - Cereal Blueberry Chex Bowl 1 oz 111 cal
 - Banana Sliced Bread 260 cal
 - Cinnamon Bun 241 cal
 - Cinnamon Toast Crunch R/S Bowl 1 oz 110 cal
 - Apple Juice 60 cal
 - Fruit Juice Blend 60 cal
 - Fresh Apple Slices 30 cal

- 14 Stuffed Hashbrown Potato** 245 cal
- Cherry G-Force Bar 200 cal
 - Chicken Biscuit 333 cal
 - Blueberry Muffin Top 250 cal
 - Cereal Blueberry Chex Bowl 1 oz 111 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Nutrigrain Bar, Apple Cinnamon 143 cal
 - Cinnamon Bun 241 cal
 - Rolls, Cinnamon 250 cal
 - Swirl Raspberry 130 cal
 - Orange Wedges 76 cal
 - Golden Delicious Apple 75 cal

- 15 Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon)** 384 cal
- Mini Blueberry Donut Hole Cup 260 cal
 - Cherry G-Force Bar 200 cal
 - Turkey Ham & Cheese Stuffer 150 cal
 - Sweet Potato Swirl 140 cal
 - Cereal Blueberry Chex Bowl 1 oz 111 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Nutrigrain Bar, Apple Cinnamon 143 cal
 - Breakfast Celebration Cake Bar 280 cal
 - WG Double Chocolate Muffin 200 cal
 - Fruit Juice Blend 60 cal
 - Apple Juice 60 cal
 - Fresh Tangerine 40 cal
 - Fresh Apple Slices 30 cal

- 19 Eggs, Bacon & Toast Platter** 230 cal
- Cherry G-Force Bar 200 cal
 - Banana Sliced Bread 260 cal
 - Cereal Blueberry Chex Bowl 1 oz 120 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Banana Chocolate Chunk BeneFIT Bar 280 cal
 - Nutrigrain Bar, Apple Cinnamon 143 cal
 - Breakfast Celebration Cake Bar 280 cal
 - Peach Cup 90 cal
 - Strawberry Cup 80 cal

- 20 Mozzarella Cheese Bites, 3 each** 340 cal
- Cherry G-Force Bar 200 cal
 - Chicken Waffles sandwich 354 cal
 - WG Double Chocolate Muffin 200 cal
 - Cereal Blueberry Chex Bowl 1 oz 120 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Banana Chocolate Chunk BeneFIT Bar 280 cal
 - Nutrigrain Bar, Apple Cinnamon 143 cal
 - Breakfast Celebration Cake Bar 280 cal
 - Peach Cup 90 cal
 - Strawberry Cup 80 cal
 - Orange Juice 60 cal
 - Apple Cherry Juice 50 cal

- 21 Pancake Bites** 250 cal
- Cherry G-Force Bar 200 cal
 - Cereal Blueberry Chex Bowl 1 oz 120 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Banana Chocolate Chunk BeneFIT Bar 280 cal
 - Nutrigrain Bar, Apple Cinnamon 143 cal
 - Breakfast Celebration Cake Bar 280 cal
 - Cinnamon Bun 241 cal
 - Banana, fresh 146 cal
 - Orange Wedges 76 cal

- 22 Power Box with Crackers (no yogurt)** 242 cal
- Strawberry Yogurt Parfait 314 cal
 - WG French Toast 170 cal
 - Cherry G-Force Bar 200 cal
 - Blueberry Muffin Top 250 cal
 - Cereal Blueberry Chex Bowl 1 oz 120 cal
 - Banana Sliced Bread 260 cal
 - Nutrigrain Bar, Apple Cinnamon 143 cal
 - Apple Juice 60 cal
 - Fruit Juice Blend 60 cal
 - Peach Cup 90 cal
 - Strawberry Cup 80 cal

- 23 Cherry G-Force Bar** 200 cal
- Turkey Sausage & Cheese on Croissant 286 cal
 - Mini Blueberry Donut Hole Cup 260 cal
 - Swirl Raspberry 130 cal
 - Sweet Potato Swirl 140 cal
 - Cereal Blueberry Chex Bowl 1 oz 120 cal
 - Nutrigrain Bar, Apple Cinnamon 143 cal
 - Orange Wedges 76 cal
 - Golden Delicious Apple 75 cal

- 26 Cherry G-Force Bar** 200 cal
- Chicken Biscuit 333 cal
 - Banana Sliced Bread 260 cal
 - Cereal Blueberry Chex Bowl 1 oz 120 cal
 - Nutrigrain Bar, Apple Cinnamon 143 cal
 - Cinnamon Bun 241 cal
 - Swirl Raspberry 130 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

- 27 Mozzarella Cheese Bites, 3 each** 340 cal
- Cherry G-Force Bar 200 cal
 - WG French Toast Sticks 170 cal
 - WG Double Chocolate Muffin 200 cal
 - Cereal Blueberry Chex Bowl 1 oz 120 cal
 - Nutrigrain Bar, Apple Cinnamon 143 cal
 - Cinnamon Bun 241 cal
 - Peach Cup 90 cal
 - Strawberry Cup 80 cal

- 28 Scrambled Eggs with Cheese & Tater Tots Platter** 245 cal
- Pancake Bites 250 cal
 - Cherry G-Force Bar 200 cal
 - Cereal Blueberry Chex Bowl 1 oz 120 cal
 - Nutrigrain Bar, Apple Cinnamon 143 cal
 - Banana Sliced Bread 260 cal
 - Sweet Potato Swirl 140 cal
 - Apple Juice 60 cal
 - Fruit Juice Blend 60 cal
 - Orange Wedges 76 cal
 - Fresh Apple Slices 30 cal

- 29 Stuffed Hashbrown Potato** 245 cal
- Turkey Ham & Cheese Stuffer 150 cal
 - Chicken Waffles sandwich 354 cal
 - Blueberry Muffin Top 250 cal
 - Cereal Blueberry Chex Bowl 1 oz 120 cal
 - WG Double Chocolate Muffin 200 cal
 - Banana, fresh 146 cal
 - Orange Wedges 76 cal

- 30 Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon)** 384 cal
- Cherry G-Force Bar 200 cal
 - Sweet Potato Swirl 140 cal
 - Cereal Blueberry Chex Bowl 1 oz 120 cal
 - Cinnamon Bun 241 cal
 - WG Double Chocolate Muffin 200 cal
 - Nutrigrain Bar, Apple Cinnamon 143 cal
 - Fruit Juice Blend 60 cal
 - Apple Juice 60 cal
 - Fresh Tangerine 40 cal
 - Fresh Apple Slices 30 cal

Served every day

- Mozzarella Cheese Stick
- Trix Cereal Bowl 1 oz
- Nutrigrain Bar, Strawberry
- Trix Cereal Bar 1.42 oz
- Assorted Milk