

South Creek Middle School

Breakfast · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

- Eggs, Bacon & Toast Platter** 230 cal
- Cereal Blueberry Chex Bowl 1 oz 111 cal
 - Frosted Corn Flakes Bowl 1 oz 111 cal
 - Banana Sliced Bread 260 cal
 - WG Toast 90 cal
 - Peach Cup 90 cal
 - Strawberry Cup 80 cal
 - Mixed Berry Fruit Cup 90 cal

- 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
 - WG Toast 111 cal
 - Peach Cup 90 cal
 - Strawberry Cup 80 cal
 - Mixed Berry Fruit Cup 90 cal

- Pancake Bites** 250 cal
- Cereal Blueberry Chex Bowl 1 oz 111 cal
 - Frosted Corn Flakes Bowl 1 oz 111 cal
 - WG Toast 90 cal
 - Banana, fresh 146 cal
 - Pineapple, Wedges Frozen 30 cal
 - Orange Wedges 76 cal

- Scrambled Eggs with Cheese & Tater Tots Platter** 211 cal
- Blueberry Muffin Top 250 cal
 - Cinnamon Toast Crunch Bowl 1 oz 120 cal
 - Cocoa Puffs Bowl 1 oz 120 cal
 - Fruit Juice Blend 60 cal
 - Red Delicious Apple 75 cal

- Sweet Potato Swirl** 138 cal
- Cinnamon Toast Crunch Bowl 1 oz 120 cal
 - Cocoa Puffs Bowl 1 oz 120 cal
 - Golden Delicious Apple 75 cal
 - Applesauce, Strawberry 4.5 oz 50 cal

No menu published

- Mozzarella Cheese Bites, 3 each** 340 cal
- WG Double Chocolate Muffin 200 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - WG Toast 90 cal
 - Cinnamon Toast Crunch Bowl RS, 1 oz 110 cal
 - Cocoa Puffs Bowl 1 oz 120 cal
 - Strawberry Cup 80 cal
 - Pineapple, Wedges Frozen 30 cal

- Scrambled Eggs with Cheese & Tater Tots Platter** 245 cal
- Pancake Bites 250 cal
 - Cereal Blueberry Chex Bowl 1 oz 120 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - WG Toast 110 cal
 - Cinnamon Toast Crunch Bowl RS, 1 oz 110 cal
 - Cocoa Puffs Bowl 1 oz 120 cal
 - Apple Juice 60 cal
 - Golden Delicious Apple 75 cal
 - Fresh Tangerine 40 cal

- Stuffed Hashbrown Potato** 245 cal
- Blueberry Muffin Top 250 cal
 - Cereal Blueberry Chex Bowl 1 oz 120 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - WG Toast 90 cal
 - Cinnamon Toast Crunch Bowl RS, 1 oz 110 cal
 - Cocoa Puffs Bowl 1 oz 120 cal
 - Orange Wedges 76 cal
 - Mixed Berry Fruit Cup 90 cal

- Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon)** 384 cal
- Sweet Potato Swirl 140 cal
 - Cereal Blueberry Chex Bowl 1 oz 120 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - WG Toast 90 cal
 - Cinnamon Toast Crunch Bowl RS, 1 oz 110 cal
 - Cocoa Puffs Bowl 1 oz 120 cal
 - Fruit Juice Blend 60 cal
 - Fresh Apple Slices 30 cal

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- Banana Sliced Bread 260 cal
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 - WG Toast 90 cal
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 - Cocoa Puffs Bowl 1 oz 120 cal
 - Peach Cup 90 cal
 - Strawberry Cup 80 cal

- Mozzarella Cheese Bites, 3 each** 340 cal
- WG Double Chocolate Muffin 200 cal
 - Cereal Blueberry Chex Bowl 1 oz 120 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - WG Toast 90 cal
 - Mixed Berry Fruit Cup 90 cal
 - Strawberry Kiwi Juice 60 cal

- Pancake Bites** 250 cal
- Cereal Blueberry Chex Bowl 1 oz 120 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - WG Toast 90 cal
 - Cinnamon Toast Crunch Bowl RS, 1 oz 110 cal
 - Cocoa Puffs Bowl 1 oz 120 cal
 - Banana, fresh 146 cal
 - Pineapple, Wedges Frozen 30 cal

- Power Box with Crackers (no yogurt)** 242 cal
- Blueberry Muffin Top 250 cal
 - Cereal Blueberry Chex Bowl 1 oz 120 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - WG Toast 90 cal
 - Cinnamon Toast Crunch Bowl RS, 1 oz 110 cal
 - Cocoa Puffs Bowl 1 oz 120 cal
 - Apple Juice 60 cal
 - Strawberry Cup 80 cal

- Sweet Potato Swirl** 140 cal
- Cereal Blueberry Chex Bowl 1 oz 120 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - WG Toast 90 cal
 - Cocoa Puffs Bowl 1 oz 120 cal
 - Cinnamon Toast Crunch Bowl RS, 1 oz 110 cal
 - Golden Delicious Apple 75 cal
 - Mixed Berry Fruit Cup 90 cal

- Banana Sliced Bread** 260 cal
- Cereal Blueberry Chex Bowl 1 oz 120 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - WG Toast 90 cal
 - Cinnamon Toast Crunch Bowl RS, 1 oz 110 cal
 - Cocoa Puffs Bowl 1 oz 120 cal
 - Apple Juice 60 cal
 - Applesauce, Birthday Cake 4.5 oz 70 cal
 - Applesauce, Peach 4.5 oz 60 cal

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 - Fresh Apple Slices 30 cal

Served every day

-  Mozzarella Cheese Stick ·
  Rice Chex Gluten Free Bowl 1 oz ·
  Trix Cereal Bowl 1 oz ·
  Nutrigrain Bar, Strawberry ·
  Trix Cereal Bar 1.42 oz ·
  Assorted Milk