

Timber Springs 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
 - Trix Cereal Bowl 1 oz 110 cal
 - Rice Chex Gluten Free Bowl 1 oz 110 cal
 - Peach 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
 - Trix Cereal Bowl 1 oz 110 cal
 - Rice Chex Gluten Free Bowl 1 oz 110 cal
 - Fresh Red Apple 77 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
 - Trix Cereal Bowl 1 oz 110 cal
 - Orange Wedges 76 cal

- 1 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
 - Trix Cereal Bar 1.42 oz 160 cal
 - Apple Juice 60 cal
 - Dried Cranberries 110 cal

- 2 Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon)** 417 cal
- Sweet Potato Swirl 138 cal
 - Cinnamon Toast Crunch Bowl 1 oz 120 cal
 - Cocoa Puffs Bowl 1 oz 120 cal
 - Orange Wedges 76 cal
 - Golden Delicious Apple 75 cal

- 8 Power Box with Crackers (no yogurt)** 242 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
 - Apple Juice 60 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
 - Trix Cereal Bowl 1 oz 110 cal
 - Rice Chex Gluten Free Bowl 1 oz 110 cal
 - Orange Wedges 76 cal

No menu published

- 13 Mozzarella Cheese Bites, 3 each** 340 cal
- WG Double Chocolate Muffin 200 cal
 - Applesauce, Strawberry 4.5 oz 50 cal
 - Dried Cranberries 110 cal

- 14 Scrambled Eggs with Cheese & Tater Tots Platter** 245 cal
- Pancake Bites 250 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

- 15 Stuffed Hashbrown Potato** 245 cal
- Blueberry Muffin Top 250 cal
 - Golden Delicious Apple 75 cal
 - Mixed Berry Fruit Cup 90 cal

- 16 Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon)** 384 cal
- Sweet Potato Swirl 140 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Cocoa Puffs Bowl 1 oz 120 cal
 - Apple Juice 60 cal
 - Fresh Apple Slices 30 cal

- 19 Eggs, Bacon & Toast Platter** 230 cal
- Banana Sliced Bread 260 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Strawberry Cup 80 cal

- 20 Mozzarella Cheese Bites, 3 each** 340 cal
- WG Double Chocolate Muffin 200 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Strawberry Cup 80 cal

- 21 Pancake Bites** 250 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
 - Orange Wedges 76 cal

- 22 Power Box with Crackers (no yogurt)** 242 cal
- Blueberry Muffin Top 250 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Apple Juice 60 cal

- 23 Sweet Potato Swirl** 140 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
 - Orange Wedges 76 cal
 - Mixed Berry Fruit Cup 90 cal

- 26 Banana Sliced Bread** 260 cal
- Apple Juice 60 cal
 - Applesauce, Birthday Cake 4.5 oz 70 cal

- 27 Mozzarella Cheese Bites, 3 each** 340 cal
- WG Double Chocolate Muffin 200 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Strawberry Cup 80 cal

- 28 Scrambled Eggs with Cheese & Tater Tots Platter** 245 cal
- Pancake Bites 250 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Apple Juice 60 cal
 - Fresh Apple Slices 30 cal

- 29 Stuffed Hashbrown Potato** 245 cal
- Blueberry Muffin Top 250 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Orange Wedges 76 cal

- 30 Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon)** 384 cal
- Sweet Potato Swirl 140 cal
 - Cocoa Puffs Bowl 1 oz 120 cal
 - Apple Juice 60 cal
 - Fresh Apple Slices 30 cal

Served every day

 Mozzarella Cheese Stick ·  Assorted Milk