



Compass Middle Charter

Breakfast · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

WG Blueberry Flavored Mini Pancakes
WG Maple Flavored Mini Pancakes

Breakfast Calzone 180 cal

French Toast Bites 270 cal
Strawberry Yogurt Cup 90 cal
Vanilla Yogurt Cup 90 cal

Muffin Bites 360 cal
Breakfast Fruit Salad 57 cal

Pizza Bagel 225 cal

Omelet with Colby Cheese 120 cal
Seasoned Mini Potato Pancakes 180 cal
WGR Cinnamon Swirl Bread 80 cal

Snack'n Cosmic Waffle 250 cal
Snack'n Waffles Buttery Maple
Snack'n Waffles Sweet Cinnamon
Snack'n Waffles Wild Blueberry

Pancake Wrap 200 cal

Stuffed Bagel 170 cal
Sunrise Bites-Maple 120 cal
Sweet Puffs 230 cal
Whipped Topping

Nature Valley Soft Oatmeal Round Banana Chocolate Chip 270 cal
String Cheese, Mozzarella
Colby Jack Cheese Stick

WG Blueberry Flavored Mini Pancakes
WG Maple Flavored Mini Pancakes
Apple 89 cal
Banana 89 cal
Fresh Navel Orange 69 cal
Grapes, Fresh 61 cal
Kiwi, Fresh 61 cal
Fresh Strawberries
Cantaloupe
Honeydew
Watermelon
Pear, Fresh 57 cal
Apple Juice 60 cal
Grape Juice 80 cal
100% Orange Juice 60 cal
Apple Cherry Juice 104 cal
Strawberry Kiwi Juice

Three Cheese Egg Bite 90 cal
WGR Cinnamon Swirl Bread 80 cal
Apple 89 cal
Banana 89 cal
Fresh Navel Orange 69 cal
Grapes, Fresh 61 cal
Kiwi, Fresh 61 cal
Fresh Strawberries
Cantaloupe
Honeydew
Watermelon
Pear, Fresh 57 cal
Pineapple Tidbits 60 cal
Pineapple Chunks

Bagel
Cream Cheese Cups
Apple 89 cal
Banana 89 cal
Fresh Navel Orange 69 cal
Grapes, Fresh 61 cal
Kiwi, Fresh 61 cal
Fresh Strawberries
Cantaloupe
Honeydew
Watermelon
Pear, Fresh 57 cal
Apple Juice 60 cal
Grape Juice 80 cal
100% Orange Juice 60 cal
Apple Cherry Juice 104 cal
Strawberry Kiwi Juice

Chicken and Waffle Sandwich
Apple 89 cal
Banana 89 cal
Fresh Navel Orange 69 cal
Grapes, Fresh 61 cal
Kiwi, Fresh 61 cal
Fresh Strawberries
Cantaloupe
Honeydew
Watermelon
Pear, Fresh 57 cal
Pineapple Tidbits 60 cal
Pineapple Chunks

Cinnamon Roll 250 cal
Apple 89 cal
Banana 89 cal
Fresh Navel Orange 69 cal
Grapes, Fresh 61 cal
Kiwi, Fresh 61 cal
Fresh Strawberries
Cantaloupe
Honeydew
Watermelon
Pear, Fresh 57 cal
Apple Juice 60 cal
100% Orange Juice 60 cal
Grape Juice 80 cal
Apple Cherry Juice 104 cal
Strawberry Kiwi Juice

Egg Scrambler 230 cal
Apple 89 cal
Banana 89 cal
Fresh Navel Orange 69 cal
Grapes, Fresh 61 cal
Fresh Strawberries
Kiwi, Fresh 61 cal
Watermelon
Cantaloupe
Honeydew
Pear, Fresh 57 cal
Apple Juice 60 cal
100% Orange Juice 60 cal
Grape Juice 80 cal
Apple Cherry Juice 104 cal
Strawberry Kiwi Juice

Snack'n Cosmic Waffle 250 cal
Snack'n Waffles Buttery Maple
Snack'n Waffles Sweet Cinnamon
Snack'n Waffles Wild Blueberry
Apple 89 cal
Banana 89 cal
Fresh Navel Orange 69 cal
Grapes, Fresh 61 cal
Fresh Strawberries
Kiwi, Fresh 61 cal
Watermelon
Cantaloupe
Honeydew
Pear, Fresh 57 cal
Pineapple Tidbits 60 cal
Pineapple Chunks

Turkey Sausage and Cheese Croissant 215 cal
Apple 89 cal
Banana 89 cal
Fresh Navel Orange 69 cal
Grapes, Fresh 61 cal
Fresh Strawberries
Kiwi, Fresh 61 cal
Watermelon
Cantaloupe
Honeydew
Pear, Fresh 57 cal
Apple Juice 60 cal
100% Orange Juice 60 cal
Grape Juice 80 cal
Apple Cherry Juice 104 cal
Strawberry Kiwi Juice

Muffin Bites 360 cal
Breakfast Fruit Salad 57 cal
Apple 89 cal
Banana 89 cal
Fresh Navel Orange 69 cal
Grapes, Fresh 61 cal
Fresh Strawberries
Kiwi, Fresh 61 cal
Watermelon
Cantaloupe
Honeydew
Pear, Fresh 57 cal
Pineapple Tidbits 60 cal
Pineapple Chunks

Pizza Bagel 225 cal
Apple 89 cal
Banana 89 cal
Fresh Navel Orange 69 cal
Grapes, Fresh 61 cal
Fresh Strawberries
Kiwi, Fresh 61 cal
Cantaloupe
Watermelon
Honeydew
Pear, Fresh 57 cal
Apple Juice 60 cal
100% Orange Juice 60 cal
Grape Juice 80 cal
Apple Cherry Juice 104 cal
Strawberry Kiwi Juice