



Fort Meade Senior

Breakfast · October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
5 - WG Blueberry Flavored Mini Pancakes - WG Maple Flavored Mini Pancakes - Chicken Biscuit Sandwich 236 cal - WG Banana Muffin 270 cal - WG Double Chocolate Chip Muffin Top 260 cal	6 - Stuffed Bagel 170 cal - Turkey Sausage and Cheese English Muffin 225 cal - Cool Cow Peach Smoothie 110 cal - Cool Cow Strawberry Banana Smoothie 120 cal	7 - French Toast Bites 270 cal - Chicken Biscuit Sandwich 236 cal - WG Banana Muffin 270 cal - WG Double Chocolate Chip Muffin Top 260 cal	1 - Chicken and Waffle Sandwich - Turkey Sausage and Cheese English Muffin 225 cal - Cool Cow Peach Smoothie 110 cal - Cool Cow Strawberry Banana Smoothie 120 cal	2 - Pizza Bagel 225 cal - Chicken Biscuit Sandwich 236 cal - WG Double Chocolate Chip Muffin Top 260 cal - WG Banana Muffin 270 cal
12 - Snack'n Cosmic Waffle - Snack'n Waffles Buttery Maple - Snack'n Waffles Sweet Cinnamon - Snack'n Waffles Wild Blueberry - Chicken Biscuit Sandwich 236 cal - WG Banana Muffin 270 cal - WG Double Chocolate Chip Muffin Top 260 cal	13 - WG Breakfast Croissant with Ham and Swiss Cheese - Turkey Sausage and Cheese English Muffin 225 cal - Cool Cow Peach Smoothie 110 cal - Cool Cow Strawberry Banana Smoothie 120 cal	14 - Sunrise Bites-Maple 2 oz. - Sweet Puffs 230 cal - Whipped Topping - Chicken Biscuit Sandwich 236 cal - WG Double Chocolate Chip Muffin Top 260 cal - WG Banana Muffin 270 cal	15 - Breaded Chicken Maple Waffle Sandwich 170 cal - Turkey Sausage and Cheese English Muffin 225 cal - Cool Cow Peach Smoothie 110 cal - Cool Cow Strawberry Banana Smoothie 120 cal	16 No menu published
19 - WG Blueberry Flavored Mini Pancakes - WG Maple Flavored Mini Pancakes - Chicken Biscuit Sandwich 236 cal - WG Banana Muffin 270 cal - WG Double Chocolate Chip Muffin Top 260 cal - Apple 89 cal - Banana 69 cal - Grapes, Fresh 61 cal - Fresh Strawberries - Fresh Navel Orange - Kiwi, Fresh 61 cal - 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	20 - Stuffed Bagel 170 cal - Turkey Sausage and Cheese English Muffin 225 cal - Cool Cow Peach Smoothie 110 cal - Cool Cow Strawberry Banana Smoothie 120 cal - Apple 89 cal - Banana 69 cal - Grapes, Fresh 61 cal - Fresh Strawberries - Fresh Navel Orange - Kiwi, Fresh 61 cal - 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	21 - French Toast Bites 270 cal - Chicken Biscuit Sandwich 236 cal - WG Banana Muffin 270 cal - WG Double Chocolate Chip Muffin Top 260 cal - Apple 89 cal - Banana 69 cal - Grapes, Fresh 61 cal - Fresh Strawberries - Fresh Navel Orange - Kiwi, Fresh 61 cal - 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	22 - Pancake Wrap 200 cal - Turkey Sausage and Cheese English Muffin 225 cal - Cool Cow Peach Smoothie 110 cal - Cool Cow Strawberry Banana Smoothie 120 cal - Apple 89 cal - Banana 69 cal - Grapes, Fresh 61 cal - Fresh Strawberries - Fresh Navel Orange - Kiwi, Fresh 61 cal - 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	23 - Cinnamon Roll 250 cal - Chicken Biscuit Sandwich 236 cal - WG Double Chocolate Chip Muffin Top 260 cal - WG Banana Muffin 270 cal - WG Double Chocolate Chip Muffin Top 260 cal - Apple 89 cal - Banana 69 cal - Grapes, Fresh 61 cal - Fresh Strawberries - Fresh Navel Orange - Kiwi, Fresh 61 cal - 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
26 - Snack'n Cosmic Waffle - Snack'n Waffles Buttery Maple - Snack'n Waffles Sweet Cinnamon - Snack'n Waffles Wild Blueberry - Chicken Biscuit Sandwich 236 cal - WG Double Chocolate Chip Muffin Top 260 cal - WG Banana Muffin 270 cal - Apple 89 cal - Banana 69 cal - Grapes, Fresh 61 cal - Fresh Strawberries - Fresh Navel Orange - Kiwi, Fresh 61 cal - 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	27 - WG Breakfast Croissant with Ham and Swiss Cheese - Turkey Sausage and Cheese English Muffin 225 cal - Cool Cow Peach Smoothie 110 cal - Cool Cow Strawberry Banana Smoothie 120 cal - Apple 89 cal - Banana 69 cal - Grapes, Fresh 61 cal - Fresh Strawberries - Fresh Navel Orange - Kiwi, Fresh 61 cal - 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	28 - Muffin Bites 360 cal - Breakfast Fruit Salad 57 cal - Chicken Biscuit Sandwich 236 cal - WG Double Chocolate Chip Muffin Top 260 cal - WG Banana Muffin 270 cal - Apple 89 cal - Banana 69 cal - Grapes, Fresh 61 cal - Fresh Navel Orange - 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	29 - Chicken and Waffle Sandwich - Turkey Sausage and Cheese English Muffin 225 cal - Cool Cow Peach Smoothie 110 cal - Cool Cow Strawberry Banana Smoothie 120 cal - Apple 89 cal - Banana 69 cal - Grapes, Fresh 61 cal - Fresh Navel Orange - 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	30 - Pizza Bagel 225 cal - Chicken Biscuit Sandwich 236 cal - WG Double Chocolate Chip Muffin Top 260 cal - WG Banana Muffin 270 cal - Apple 89 cal - Banana 69 cal - Grapes, Fresh 61 cal - Fresh Navel Orange - 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

Served every day
Fresh Fruit