



Garner Elementary

Breakfast · October 2026



Monday

Tuesday

Wednesday

Thursday

Friday

- WG Blueberry Flavored Mini Pancakes** 270 cal
- WG Maple Flavored Mini Pancakes 270 cal
 - WG Banana Muffin 270 cal
 - WG Double Chocolate Chip Muffin Top 260 cal
 - Colby Jack Cheese Stick
 - String Cheese, Mozzarella

- Breakfast Calzone** 180 cal
- Cool Cow Strawberry Banana Smoothie 120 cal
 - Cool Cow Peach Smoothie 110 cal
 - Apple Cinnamon Bear Graham 120 cal
 - Vanilla Bear Graham 110 cal
 - Chocolate Bear Graham 110 cal
 - Frozen Fruit Cup 80 cal

- French Toast Bites** 270 cal
- WG Double Chocolate Chip Muffin Top 260 cal
 - WG Sweet Potato Chocolate Chip Muffin 260 cal
 - WG Banana Muffin 270 cal
 - Colby Jack Cheese Stick
 - String Cheese, Mozzarella

- Muffin Bites** 360 cal
- Breakfast Fruit Salad 57 cal
 - Chicken and Waffle Sandwich 110 cal
 - Cool Cow Peach Smoothie 120 cal
 - Cool Cow Strawberry Banana Smoothie 120 cal
 - Apple Cinnamon Bear Graham 120 cal
 - Chocolate Bear Graham 110 cal
 - Vanilla Bear Graham 120 cal
 - Fruit Cup

- Pizza Bagel** 225 cal
- Breakfast Pizza 190 cal
 - WG Double Chocolate Chip Muffin Top 260 cal
 - WG Banana Muffin 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick

- Omelet with Colby Cheese** 120 cal
- WGR Cinnamon Swirl Bread 80 cal
 - Snack'n Waffles Buttery Maple 250 cal
 - Snack'n Waffles Sweet Cinnamon 250 cal
 - Snack'n Waffles Wild Blueberry 250 cal
 - Snack'n Cosmic Waffle 250 cal
 - WG Double Chocolate Chip Muffin Top 260 cal
 - WG Banana Muffin 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick

- Snack'n Cosmic Waffle** 250 cal
- Snack'n Waffles Buttery Maple 250 cal
 - Snack'n Waffles Sweet Cinnamon 250 cal
 - Snack'n Waffles Wild Blueberry 250 cal
 - Pancake Wrap 200 cal
 - Cool Cow Peach Smoothie 110 cal
 - Cool Cow Strawberry Banana Smoothie 120 cal
 - Apple Cinnamon Bear Graham 120 cal
 - Chocolate Bear Graham 110 cal
 - Vanilla Bear Graham 120 cal
 - Fruit Cup

- Pancake Wrap** 200 cal
- WG Fruity Pancake Bowl, Peach 230 cal
 - WG Double Chocolate Chip Muffin Top 260 cal
 - WG Banana Muffin 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick

- Sunrise Bites- Maple** 120 cal
- Sweet Puffs 230 cal
 - Whipped Topping 230 cal
 - Chicken and Waffle Sandwich 110 cal
 - Cool Cow Peach Smoothie 120 cal
 - Cool Cow Strawberry Banana Smoothie 120 cal
 - Apple Cinnamon Bear Graham 120 cal
 - Chocolate Bear Graham 110 cal
 - Vanilla Bear Graham 120 cal
 - Fruit Cup

No menu published

- WG Blueberry Flavored Mini Pancakes** 270 cal
- WG Maple Flavored Mini Pancakes 270 cal
 - Apple 61 cal
 - Banana 61 cal
 - Fresh Navel Orange 61 cal
 - Fresh Strawberries 61 cal
 - Grapes, Fresh 61 cal
 - Cantaloupe 61 cal
 - Honeydew 61 cal
 - Watermelon 61 cal
 - Kiwi, Fresh 61 cal
 - Pear, Fresh 61 cal
 - Apple Juice 61 cal
 - Grape Juice 61 cal
 - 100% Orange Juice 61 cal
 - Apple Cherry Juice 104 cal
 - Strawberry Kiwi Juice 104 cal
 - WG Double Chocolate Chip Muffin Top 260 cal
 - WG Banana Muffin 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick

- Three Cheese Egg Bite** 90 cal
- WGR Cinnamon Swirl Bread 80 cal
 - Apple 61 cal
 - Fresh Navel Orange 61 cal
 - Grapes, Fresh 61 cal
 - Fresh Strawberries 61 cal
 - Cantaloupe 61 cal
 - Honeydew 61 cal
 - Watermelon 61 cal
 - Kiwi, Fresh 61 cal
 - Pear, Fresh 61 cal
 - Apple Juice 61 cal
 - Grape Juice 61 cal
 - 100% Orange Juice 61 cal
 - Apple Cherry Juice 104 cal
 - Strawberry Kiwi Juice 104 cal
 - WG Double Chocolate Chip Muffin Top 260 cal
 - WG Banana Muffin 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick

- WG French Toast Sticks** 250 cal
- Apple 61 cal
 - Fresh Navel Orange 61 cal
 - Grapes, Fresh 61 cal
 - Fresh Strawberries 61 cal
 - Cantaloupe 61 cal
 - Honeydew 61 cal
 - Watermelon 61 cal
 - Kiwi, Fresh 61 cal
 - Pear, Fresh 61 cal
 - Apple Juice 61 cal
 - Grape Juice 61 cal
 - 100% Orange Juice 61 cal
 - Apple Cherry Juice 104 cal
 - Strawberry Kiwi Juice 104 cal
 - WG Double Chocolate Chip Muffin Top 260 cal
 - WG Sweet Potato Chocolate Chip Muffin 260 cal
 - WG Banana Muffin 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick

- Chicken and Waffle Sandwich** 110 cal
- Apple 61 cal
 - Fresh Navel Orange 61 cal
 - Grapes, Fresh 61 cal
 - Fresh Strawberries 61 cal
 - Cantaloupe 61 cal
 - Honeydew 61 cal
 - Watermelon 61 cal
 - Kiwi, Fresh 61 cal
 - Pear, Fresh 61 cal
 - Apple Juice 61 cal
 - Grape Juice 61 cal
 - 100% Orange Juice 61 cal
 - Apple Cherry Juice 104 cal
 - Strawberry Kiwi Juice 104 cal
 - WG Double Chocolate Chip Muffin Top 260 cal
 - WG Sweet Potato Chocolate Chip Muffin 260 cal
 - WG Banana Muffin 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick

- Cinnamon Roll** 250 cal
- Apple 61 cal
 - Fresh Navel Orange 61 cal
 - Grapes, Fresh 61 cal
 - Fresh Strawberries 61 cal
 - Cantaloupe 61 cal
 - Honeydew 61 cal
 - Watermelon 61 cal
 - Kiwi, Fresh 61 cal
 - Pear, Fresh 61 cal
 - Apple Juice 61 cal
 - Grape Juice 61 cal
 - 100% Orange Juice 61 cal
 - Apple Cherry Juice 104 cal
 - Strawberry Kiwi Juice 104 cal
 - WG Double Chocolate Chip Muffin Top 260 cal
 - WG Banana Muffin 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick

- Egg Scrambler** 230 cal
- Apple 61 cal
 - Banana 61 cal
 - Fresh Navel Orange 61 cal
 - Grapes, Fresh 61 cal
 - Fresh Strawberries 61 cal
 - Cantaloupe 61 cal
 - Honeydew 61 cal
 - Watermelon 61 cal
 - Kiwi, Fresh 61 cal
 - Pear, Fresh 61 cal
 - Apple Juice 61 cal
 - Grape Juice 61 cal
 - 100% Orange Juice 61 cal
 - Apple Cherry Juice 104 cal
 - Strawberry Kiwi Juice 104 cal
 - WG Double Chocolate Chip Muffin Top 260 cal
 - WG Banana Muffin 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick

- Snack'n Cosmic Waffle** 250 cal
- Snack'n Waffles Buttery Maple 250 cal
 - Snack'n Waffles Sweet Cinnamon 250 cal
 - Snack'n Waffles Wild Blueberry 250 cal
 - Apple 61 cal
 - Fresh Navel Orange 61 cal
 - Grapes, Fresh 61 cal
 - Fresh Strawberries 61 cal
 - Cantaloupe 61 cal
 - Honeydew 61 cal
 - Watermelon 61 cal
 - Kiwi, Fresh 61 cal
 - Pear, Fresh 61 cal
 - Apple Juice 61 cal
 - Grape Juice 61 cal
 - 100% Orange Juice 61 cal
 - Apple Cherry Juice 104 cal
 - Strawberry Kiwi Juice 104 cal
 - WG Double Chocolate Chip Muffin Top 260 cal
 - WG Banana Muffin 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick

- Stuffed Bagel** 170 cal
- Apple 61 cal
 - Fresh Navel Orange 61 cal
 - Grapes, Fresh 61 cal
 - Fresh Strawberries 61 cal
 - Cantaloupe 61 cal
 - Honeydew 61 cal
 - Watermelon 61 cal
 - Kiwi, Fresh 61 cal
 - Pear, Fresh 61 cal
 - Apple Juice 61 cal
 - Grape Juice 61 cal
 - 100% Orange Juice 61 cal
 - Apple Cherry Juice 104 cal
 - Strawberry Kiwi Juice 104 cal
 - WG Double Chocolate Chip Muffin Top 260 cal
 - WG Banana Muffin 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick

- Muffin Bites** 360 cal
- Breakfast Fruit Salad 57 cal
 - Apple 61 cal
 - Fresh Navel Orange 61 cal
 - Grapes, Fresh 61 cal
 - Fresh Strawberries 61 cal
 - Cantaloupe 61 cal
 - Honeydew 61 cal
 - Watermelon 61 cal
 - Kiwi, Fresh 61 cal
 - Pear, Fresh 61 cal
 - Apple Juice 61 cal
 - Grape Juice 61 cal
 - 100% Orange Juice 61 cal
 - Apple Cherry Juice 104 cal
 - Strawberry Kiwi Juice 104 cal
 - WG Double Chocolate Chip Muffin Top 260 cal
 - WG Banana Muffin 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick

- Pizza Bagel** 225 cal
- Apple 61 cal
 - Fresh Navel Orange 61 cal
 - Grapes, Fresh 61 cal
 - Fresh Strawberries 61 cal
 - Cantaloupe 61 cal
 - Honeydew 61 cal
 - Watermelon 61 cal
 - Kiwi, Fresh 61 cal
 - Pear, Fresh 61 cal
 - Apple Juice 61 cal
 - Grape Juice 61 cal
 - 100% Orange Juice 61 cal
 - Apple Cherry Juice 104 cal
 - Strawberry Kiwi Juice 104 cal
 - WG Double Chocolate Chip Muffin Top 260 cal
 - WG Banana Muffin 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick