



Inwood Elementary

Breakfast · October 2026



Monday



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

Tuesday



- ★ **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 120 cal
- Chocolate Bear 110 cal
- Frozen Fruit Cup 80 cal

Wednesday



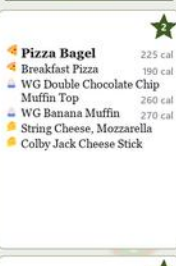
- ★ **French Toast Bites** 270 cal
- WG Double Chocolate Chip Muffin Top 260 cal
- WG Sweet Potato Chocolate Chip Muffin 260 cal
- WG Banana Muffin 270 cal
- Colby Jack Cheese Stick
- String Cheese, Mozzarella

Thursday



- ★ **Minion Burrito** 210 cal
- Cool Cow Strawberry Banana Smoothie 120 cal
- Cool Cow Peach Smoothie 110 cal
- Stuffed Bagel 170 cal
- Apple Cinnamon Bear Graham 120 cal
- Chocolate Bear 110 cal
- Vanilla Bear Graham 120 cal
- Frozen Fruit Cup 80 cal

Friday



- ★ **Nature Valley Soft Oatmeal Round Banana Chocolate Chip** 270 cal
- String Cheese, Mozzarella
- Colby Jack Cheese Stick
- Cinnamon Toast Crunch Soft Bar 260 cal
- WG Banana Muffin 270 cal
- WG Double Chocolate Chip Muffin Top 260 cal

- ★ **Omelet with Colby Cheese** 120 cal
- WGR Cinnamon Swirl Bread 80 cal
- Snack'n Waffles Buttery Maple
- Snack'n Waffles Sweet Cinnamon
- Snack'n Waffles Wild Blueberry
- 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
- Snack'n Waffles Sweet Cinnamon
- Snack'n Waffles Wild Blueberry
- 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 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
- Chicken and Waffle Sandwich
- Cool Cow Peach Smoothie 110 cal
- Cool Cow Strawberry Banana Smoothie 120 cal
- Apple Cinnamon Bear Graham 120 cal
- Chocolate Bear 110 cal
- Vanilla Bear Graham 120 cal
- Fruit Cup

No menu published

- ★ **WG Blueberry Flavored Mini Pancakes**
- WG Maple Flavored Mini Pancakes
- Apple
- Banana
- Fresh Navel Orange
- Fresh Strawberries
- Grapes, Fresh 69 cal
- Cantaloupe
- Honeydew
- Watermelon
- Kiwi, Fresh 61 cal
- 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
- 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
- Fresh Navel Orange
- Grapes, Fresh 69 cal
- Fresh Strawberries
- Cantaloupe
- Honeydew
- Watermelon
- Kiwi, Fresh 61 cal
- Pear, Fresh 57 cal
- Apple Juice 60 cal
- Pineapple Tidbits
- Pineapple Chunks
- Bagel
- Cream Cheese
- Cool Cow Peach Smoothie 110 cal
- Cool Cow Strawberry Banana Smoothie 120 cal
- Apple Cinnamon Bear Graham 120 cal
- Chocolate Bear 110 cal
- Vanilla Bear Graham 120 cal
- Fruit Cup

- ★ **WG French Toast Sticks** 250 cal
- Apple
- Fresh Navel Orange
- Grapes, Fresh 69 cal
- Fresh Strawberries
- Cantaloupe
- Honeydew
- Watermelon
- Kiwi, Fresh 61 cal
- 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
- 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**
- Apple
- Fresh Navel Orange
- Grapes, Fresh 69 cal
- Fresh Strawberries
- Cantaloupe
- Honeydew
- Watermelon
- Kiwi, Fresh 61 cal
- Pear, Fresh 57 cal
- Pineapple Tidbits 60 cal
- Pineapple Chunks
- Turkey Ham and Cheese Croissant 185 cal
- Cool Cow Peach Smoothie 110 cal
- Cool Cow Strawberry Banana Smoothie 120 cal
- Apple Cinnamon Bear Graham 120 cal
- Chocolate Bear 110 cal
- Vanilla Bear Graham 120 cal
- Fruit Cup

- ★ **Cinnamon Roll** 250 cal
- Apple
- Fresh Navel Orange
- Grapes, Fresh 69 cal
- Fresh Strawberries
- Cantaloupe
- Honeydew
- Watermelon
- Kiwi, Fresh 61 cal
- 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
- Cinnamon Toast Crunch Soft Bar 260 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
- Banana
- Fresh Navel Orange
- Grapes, Fresh 69 cal
- Fresh Strawberries
- Cantaloupe
- Honeydew
- Watermelon
- Kiwi, Fresh 61 cal
- 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
- Nature Valley Soft Oatmeal Round Banana Chocolate Chip 270 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
- Snack'n Waffles Sweet Cinnamon
- Snack'n Waffles Wild Blueberry
- Apple
- Fresh Navel Orange
- Grapes, Fresh 69 cal
- Fresh Strawberries
- Cantaloupe
- Honeydew
- Watermelon
- Kiwi, Fresh 61 cal
- Pear, Fresh 57 cal
- Apple Juice 60 cal
- Pineapple Tidbits
- Pineapple Chunks
- 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 110 cal
- Vanilla Bear Graham 120 cal
- Fruit Cup

- ★ **Stuffed Bagel** 170 cal
- Apple
- Fresh Navel Orange
- Grapes, Fresh 69 cal
- Fresh Strawberries
- Cantaloupe
- Honeydew
- Watermelon
- Kiwi, Fresh 61 cal
- 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
- 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

- ★ **Muffin Bites** 360 cal
- Breakfast Fruit Salad 57 cal
- Apple
- Fresh Navel Orange
- Grapes, Fresh 69 cal
- Fresh Strawberries
- Cantaloupe
- Honeydew
- Watermelon
- Kiwi, Fresh 61 cal
- Pear, Fresh 57 cal
- Pineapple Tidbits 60 cal
- Pineapple Chunks
- Chicken and Waffle Sandwich
- Cool Cow Peach Smoothie 110 cal
- Cool Cow Strawberry Banana Smoothie 120 cal
- Apple Cinnamon Bear Graham 120 cal
- Chocolate Bear 110 cal
- Vanilla Bear Graham 120 cal
- Fruit Cup

- ★ **Pizza Bagel** 225 cal
- Apple
- Fresh Navel Orange
- Grapes, Fresh 69 cal
- Fresh Strawberries
- Cantaloupe
- Honeydew
- Watermelon
- Kiwi, Fresh 61 cal
- 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
- Breakfast Pizza 190 cal
- WG Double Chocolate Chip Muffin Top 260 cal
- WG Banana Muffin 270 cal
- String Cheese, Mozzarella
- Colby Jack Cheese Stick