



James E Stephens Elementary

Breakfast · October 2026



Monday

Tuesday

Wednesday

Thursday

Friday

WG Blueberry Flavored Mini Pancakes
WG Maple Flavored Mini Pancakes

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Breakfast Calzone

180 cal

French Toast Bites

270 cal

Muffin Bites
Breakfast Fruit Salad

360 cal
57 cal

Pizza Bagel

225 cal

Omelet with Colby Cheese
WGR Cinnamon Swirl Bread

12

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

250 cal

Pancake Wrap

200 cal

Sunrise Bites-Maple
Sweet Puffs
Whipped Topping

120 cal
230 cal

No menu published

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WG Blueberry Flavored Mini Pancakes
WG Maple Flavored Mini Pancakes
Apple
Banana
Fresh Navel Orange
Fresh Strawberries
Grapes, Fresh
Cantaloupe
Honeydew
Watermelon
Kiwi, Fresh
Pear, Fresh
Apple Juice
Grape Juice
100% Orange Juice
Apple Cherry Juice
Strawberry Kiwi Juice

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Three Cheese Egg Bite
WGR Cinnamon Swirl Bread
Apple
Fresh Navel Orange
Grapes, Fresh
Fresh Strawberries
Cantaloupe
Honeydew
Watermelon
Kiwi, Fresh
Pear, Fresh
Pineapple Tidbits
Pineapple Chunks

90 cal
80 cal
69 cal
69 cal
61 cal
57 cal
60 cal

WG French Toast Sticks
Apple
Fresh Navel Orange
Grapes, Fresh
Fresh Strawberries
Cantaloupe
Honeydew
Watermelon
Kiwi, Fresh
Pear, Fresh
Apple Juice
Grape Juice
100% Orange Juice
Apple Cherry Juice
Strawberry Kiwi Juice

250 cal
69 cal
61 cal
57 cal
60 cal
80 cal
60 cal
104 cal

Chicken and Waffle Sandwich
Apple
Fresh Navel Orange
Grapes, Fresh
Fresh Strawberries
Cantaloupe
Honeydew
Watermelon
Kiwi, Fresh
Pear, Fresh
Pineapple Tidbits
Pineapple Chunks

69 cal
61 cal
57 cal
60 cal

Cinnamon Roll
Apple
Fresh Navel Orange
Grapes, Fresh
Fresh Strawberries
Cantaloupe
Honeydew
Watermelon
Kiwi, Fresh
Pear, Fresh
Apple Juice
Grape Juice
100% Orange Juice
Apple Cherry Juice
Strawberry Kiwi Juice

250 cal
69 cal
61 cal
57 cal
60 cal
80 cal
60 cal
104 cal

Egg Scrambler
Apple
Banana
Fresh Navel Orange
Grapes, Fresh
Fresh Strawberries
Cantaloupe
Honeydew
Watermelon
Kiwi, Fresh
Pear, Fresh
Apple Juice
Grape Juice
100% Orange Juice
Apple Cherry Juice
Strawberry Kiwi Juice

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Snack'n Cosmic Waffle
Snack'n Waffles Buttery Maple
Snack'n Waffles Sweet Cinnamon
Snack'n Waffles Wild Blueberry
Apple
Fresh Navel Orange
Grapes, Fresh
Fresh Strawberries
Cantaloupe
Honeydew
Watermelon
Kiwi, Fresh
Pear, Fresh
Pineapple Tidbits
Pineapple Chunks

250 cal
69 cal
61 cal
57 cal
60 cal

Stuffed Bagel
Apple
Fresh Navel Orange
Grapes, Fresh
Fresh Strawberries
Cantaloupe
Honeydew
Watermelon
Kiwi, Fresh
Pear, Fresh
Apple Juice
Grape Juice
100% Orange Juice
Apple Cherry Juice
Strawberry Kiwi Juice

170 cal
69 cal
61 cal
57 cal
60 cal
80 cal
60 cal
104 cal

Muffin Bites
Breakfast Fruit Salad
Apple
Fresh Navel Orange
Grapes, Fresh
Fresh Strawberries
Cantaloupe
Honeydew
Watermelon
Kiwi, Fresh
Pear, Fresh
Pineapple Tidbits
Pineapple Chunks

360 cal
57 cal
69 cal
61 cal
57 cal
60 cal

Pizza Bagel
Apple
Fresh Navel Orange
Grapes, Fresh
Fresh Strawberries
Cantaloupe
Honeydew
Watermelon
Kiwi, Fresh
Pear, Fresh
Apple Juice
Grape Juice
100% Orange Juice
Apple Cherry Juice
Strawberry Kiwi Juice

225 cal
69 cal
61 cal
57 cal
60 cal
80 cal
60 cal
104 cal