



Rochelle School Of The Arts (K-5)

Breakfast · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

5

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

6

- 🍳 **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 Graham 110 cal
- 🍌 Frozen Fruit Cup 80 cal

7

- 🍌 **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

1

- 🍌 **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 Graham 110 cal
- 🍌 Vanilla Bear Graham 120 cal
- 🍌 Fruit Cup

2

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

12

- 🍌 **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

13

- 🍌 **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

14

- 🍌 **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

15

- 🍌 **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 Graham 110 cal
- 🍌 Vanilla Bear Graham 120 cal
- 🍌 Fruit Cup

16

No menu published

19

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

20

- 🍌 **Bagel**
- 🍌 Cream Cheese
- 🍌 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

21

- 🍌 **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

22

- 🍌 **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 Graham 110 cal
- 🍌 Vanilla Bear Graham 120 cal
- 🍌 Fruit Cup

23

- 🍌 **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

26

- 🍌 **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

27

- 🍌 **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

28

- 🍌 **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

29

- 🍌 **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 Graham 110 cal
- 🍌 Vanilla Bear Graham 120 cal
- 🍌 Fruit Cup

30

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