



Spook Hill Elementary

Breakfast · October 2026



Monday

Tuesday

Wednesday

Thursday

Friday

★
WG Blueberry Flavored Mini Pancakes
WG Maple Flavored Mini Pancakes

★
Breakfast Calzone

★
French Toast Bites

★
Muffin Bites 360 cal
Breakfast Fruit Salad 57 cal

★
Pizza Bagel 225 cal

★
Omelet with Colby Cheese 120 cal
WGR Cinnamon Swirl Bread 80 cal

★
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

★
Minion Burrito 210 cal
Sunrise Bites-Maple
Sweet Puffs 230 cal
Whipped Topping

★
Nature Valley Soft Oatmeal Round Banana Chocolate Chip 270 cal
String Cheese, Mozzarella
Colby Jack Cheese Stick

★
WG Blueberry Flavored Mini Pancakes
WG Maple Flavored Mini Pancakes
Apple
Banana
Fresh Navel Orange
Fresh Strawberries
Grapes, Fresh 69 cal
Cantaloupe
Honeydew
Watermelon 61 cal
Kiwi, Fresh 57 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

★
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
Pineapple Tidbits 60 cal
Pineapple Chunks

★
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

★
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

★
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

★
Egg Scrambler 230 cal
Apple
Banana 89 cal
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

★
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
Pineapple Tidbits 60 cal
Pineapple Chunks

★
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

★
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

★
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