

Rocky Mountain Middle School

Breakfast · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

1

French Toast Sticks

- Breakfast Taco
- Mini Cinnis
- Diced Peaches
- Grapes
- Egg Patty

2

Long John Donut

- Cereal Variety
- Banana
- Pears
- Sausage Patty

5

Cereal Variety

- Muffin Variety
- Diced Peaches
- Grapes
- String Cheese

6

Croissant Sandwich

- Maple Pancake Wrap
- Benefit Bar Variety
- Fresh Pear
- 100% Fruit Juice
- Sausage Patty

7

Sausage Pancake Sandwich

- Breakfast Pizza Bagel
- Muffin Variety
- Cantaloupe
- Diced Watermelon
- Egg Patty

8

Biscuit and Gravy

- Mini Maple Waffles
- Mini Cinnis
- Banana
- Grapes
- Sausage Patty

9

Long John Donut

- Cereal Variety
- Fresh Strawberries
- Pears
- String Cheese

12

Cereal Variety

- Muffin Variety
- Cantaloupe
- Grapes
- String Cheese

13

Cinnamon Pancakes

- Egg and Cheese Biscuit
- Benefit Bar Variety
- Fresh Pear
- Diced Watermelon
- Sausage Patty

14

Breakfast Burrito

- Cinnamon Roll w/Cream Cheese Frosting
- Muffin Variety
- 100% Fruit Juice
- Grapes
- String Cheese

15

French Toast Sticks

- Breakfast Taco
- Mini Cinnis
- Diced Peaches
- Grapes
- Egg Patty

16

Long John Donut

- Cereal Variety
- Banana
- Pears
- Sausage Patty

19

Cereal Variety

- Muffin Variety
- Diced Peaches
- Grapes
- String Cheese

20

Croissant Sandwich

- Maple Pancake Wrap
- Benefit Bar Variety
- Fresh Pear
- 100% Fruit Juice
- Sausage Patty

21

Sausage Pancake Sandwich

- Breakfast Pizza Bagel
- Muffin Variety
- Cantaloupe
- Diced Watermelon
- Egg Patty

22

Biscuit and Gravy

- Mini Maple Waffles
- Muffin Variety
- Banana
- Grapes
- Sausage Patty

23

No menu published

26

Cereal Variety

- Muffin Variety
- Cantaloupe
- Grapes
- String Cheese

27

Cinnamon Pancakes

- Egg and Cheese Biscuit
- Benefit Bar Variety
- Fresh Pear
- Diced Watermelon
- Sausage Patty

28

Breakfast Burrito

- Cinnamon Roll w/Cream Cheese Frosting
- Muffin Variety
- 100% Fruit Juice
- Grapes
- String Cheese

29

French Toast Sticks

- Breakfast Taco
- Mini Cinnis
- Diced Peaches
- Grapes
- Egg Patty

30

Long John Donut

- Cereal Variety
- Banana
- Pears
- Sausage Patty

Served every day

- Chocolate Milk
- White Milk