



BREAKFAST OCTOBER 2026

A-B Early/Middle College

Alamance-Burlington School System

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5

No menu published

6

No menu published

7

No menu published

1

Poptarts Double 340 cal
 Yogurt 70 cal
 Blueberry Muffin Mini 1.6oz 150 cal
 Chocolate Chip Muffin Mini 160 cal

2

No menu published

8

No menu published

9

No menu published

12

French Toast Sticks 240 cal
 Waffle Froot Loops 180 cal

13

Eggs Sausage & Toast 230 cal
 Blueberry Muffin Mini 1.6oz 150 cal
 Chocolate Chip Muffin Mini 160 cal

14

Southern Biscuit 160 cal
 Sausage Patty (Turkey) 80 cal
 Assorted Cereals 2oz 223 cal

15

Eggs Bacon & Toast 200 cal
 Yogurt 70 cal
 Granola 90 cal

16

Super Donut 250 cal
 Poptarts Double 340 cal

19

Waffle Bites Mapple 100 cal
 Cinnamon Roll 265 cal

20

Eggs Bacon & Toast 200 cal
 Pillsbury Strawberry Bagel 180 cal

21

Southern Biscuit 160 cal
 Chicken Patty Breakfast 80 cal
 Assorted Cereals 2oz 223 cal

22

Eggs Sausage & Toast 230 cal
 Yogurt 70 cal
 Blueberry Muffin Mini 1.6oz 150 cal
 Chocolate Chip Muffin Mini 160 cal

23

Pancake Confetti 200 cal
 Poptarts Double 340 cal

26

No menu published

27

Eggs Bacon & Toast 200 cal
 Muffin 3.15 oz Blueberry 223 cal
 Muffin 3.15 oz Choc Chip 249 cal
 Muffin 3.15 oz Strawberry 258 cal

28

Chicken Patty Breakfast 80 cal
 Southern Biscuit 160 cal
 Dutch Waffle 330 cal

29

Eggs Sausage & Toast 230 cal
 Yogurt 70 cal
 Chocolate Chip Muffin Mini 160 cal
 Blueberry Muffin Mini 1.6oz 150 cal

30

Cinnamon Roll Mini Carmel 120 cal
 Poptarts Double 340 cal

EVERY DAY

- Crispy Tater Tots
- Apple Juice 4 oz
- Fruit Blend Juice 4 oz
- Grape Juice 4 oz
- 1% Milk
- Skim Milk
- Chocolate Milk

Menu subject to change.