



BREAKFAST OCTOBER 2026

Alexander Wilson Elementary

Alamance-Burlington School System



Monday	Tuesday	Wednesday	Thursday	Friday
No menu published	No menu published	No menu published	No menu published	No menu published
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FRENCH TOAST STICKS 240 cal Chicken & Waffle Breakfast 190 cal Sliced Peaches 60 cal	EGGS SAUSAGE & TOAST 230 cal Poptarts Double 340 cal Raisels 120 cal	SOUTHERN BISCUIT 160 cal Sausage Patty (Turkey) 80 cal Cinnamon Bun 250 cal Pineapple Tidbits 80 cal	PILLSBURY STRAWBERRY BAGEL 180 cal Yogurt 70 cal Blueberry Muffin Mini 1.6oz 150 cal Chocolate Chip Muffin Mini 160 cal Sliced Pears 63 cal Strawberry Cup 80 cal	SUPER DONUT 250 cal Assorted Cereals 2oz 223 cal Applesauce Cup 60 cal
WAFFLE BITES MAPPLE 100 cal Yogurt 70 cal Granola 90 cal Sliced Peaches 60 cal	EGGS SAUSAGE & TOAST 230 cal Cinnamon Roll Mini 120 cal Carmel 60 cal Applesauce Cup 60 cal	SOUTHERN BISCUIT 160 cal Chicken Patty Breakfast 80 cal Cinnamon Bun 250 cal Strawberry Cup 80 cal Sliced Pears 63 cal	WAFFLE FROOT LOOPS 180 cal Yogurt 70 cal Blueberry Muffin Mini 1.6oz 150 cal Chocolate Chip Muffin Mini 160 cal Pineapple Tidbits 80 cal	PANCAKE CONFETTI 200 cal Poptarts Double 340 cal Raisels 120 cal
No menu published	EGGS SAUSAGE & TOAST 230 cal Pancake Wrap Chicken 190 cal Sliced Peaches 60 cal	CHICKEN PATTY BREAKFAST 80 cal Southern Biscuit 160 cal Muffin 3.15 oz Blueberry 223 cal Muffin 3.15 oz Choc Chip 249 cal Muffin 3.15 oz Strawberry 258 cal Sliced Pears 63 cal Strawberry Cup 80 cal	DUTCH WAFFLE 330 cal Yogurt 70 cal Chocolate Chip Muffin Mini 160 cal Blueberry Muffin Mini 1.6oz 150 cal Applesauce Cup 60 cal	POPTARTS DOUBLE 340 cal Assorted Cereals 2oz 223 cal Mixed Fruit 85 cal

Served every day:

Apple Juice 4 oz · Fruit Blend Juice 4 oz · Grape Juice 4 oz · 1% Milk · Skim Milk · Chocolate Milk

Menu data from Alamance-Burlington School System, drawn by schoolmenuapp.com. Menu subject to change. Calories are per serving, as Alamance-Burlington School System publishes them.

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