



BREAKFAST

OCTOBER 2026

Eastern High

Alamance-Burlington School System



Monday

Tuesday

Wednesday

Thursday

Friday

5 No menu published	6 No menu published	7 No menu published	1 No menu published	2 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

Served 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 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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