



BREAKFAST OCTOBER 2026

E.M. Holt Elementary

Alamance-Burlington School System



Monday	Tuesday	Wednesday	Thursday	Friday
			1 No menu published	2 No menu published
5 No menu published	6 No menu published	7 No menu published	8 No menu published	9 No menu published
12 FRENCH TOAST STICKS 240 cal Chicken & Waffle Breakfast 190 cal Sliced Peaches 60 cal	13 EGGS SAUSAGE & TOAST 230 cal Poptarts Double 340 cal Raisels 120 cal	14 SOUTHERN BISCUIT 160 cal Sausage Patty (Turkey) 80 cal Cinnamon Bun 250 cal Pineapple Tidbits 80 cal	15 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	16 SUPER DONUT 250 cal Assorted Cereals 2oz 223 cal Applesauce Cup 60 cal
19 WAFFLE BITES MAPPLE 100 cal Yogurt 70 cal Granola 90 cal Sliced Peaches 60 cal	20 EGGS SAUSAGE & TOAST 230 cal Cinnamon Roll Mini Carmel 120 cal Applesauce Cup 60 cal	21 SOUTHERN BISCUIT 160 cal Chicken Patty Breakfast 80 cal Cinnamon Bun 250 cal Strawberry Cup 80 cal Sliced Pears 63 cal	22 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	23 PANCAKE CONFETTI 200 cal Poptarts Double 340 cal Raisels 120 cal
26 No menu published	27 EGGS SAUSAGE & TOAST 230 cal Pancake Wrap Chicken 190 cal Sliced Peaches 60 cal	28 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	29 DUTCH WAFFLE 330 cal Yogurt 70 cal Chocolate Chip Muffin Mini 160 cal Blueberry Muffin Mini 1.6oz 150 cal Applesauce Cup 60 cal	30 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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