



Alamance-Burlington School System

Graham High

Breakfast · October 2026



Monday

Tuesday

Wednesday

Thursday

Friday

No menu published

No menu published

No menu published

No menu published

No menu published

No menu published

No menu published

No menu published

No menu published

No menu published

French Toast Sticks 240 cal
 Waffle Froot Loops 180 cal

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

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

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

Super Donut 250 cal
 Poptarts Double 340 cal

Waffle Bites Mapple 100 cal
 Cinnamon Roll 265 cal

Eggs Bacon & Toast 200 cal
 Pillsbury Strawberry Bagel 180 cal

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

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

Pancake Confetti 200 cal
 Poptarts Double 340 cal

No menu published

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

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

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

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.