



BREAKFAST OCTOBER 2026

Graham Middle

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

EVERY DAY

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

Menu subject to change.

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.

nutrislice