



BREAKFAST OCTOBER 2026

High School
Alamance-Burlington School System

Monday	Tuesday	Wednesday	Thursday	Friday
			No menu published	No menu published
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FRENCH TOAST STICKS 240 cal Waffle Froot Loops 180 cal	EGGS SAUSAGE & TOAST 230 cal Blueberry Muffin Mini 1.5oz 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 1.5oz 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 1.5oz 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.

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