



BREAKFAST OCTOBER 2026

Highland 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 Raisels 340 cal 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 Raisels 340 cal 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.