



Alamance-Burlington School System

Middle School- Traditional

Breakfast - October 2026

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
 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 Raisels 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.

nutrislice