



BREAKFAST OCTOBER 2026

North Graham Elementary

Alamance-Burlington School System



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 No menu published					2 No menu published				
5 No menu published					8 No menu published				
6 No menu published					9 No menu published				
7 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.

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