



BREAKFAST

OCTOBER 2026

Southern Alamance High

Alamance-Burlington School System



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

★

No menu published

★

No menu published

★

No menu published

★

No menu published

★

No menu published

★

French Toast Sticks 240 cal
Waffle Froot Loops 180 cal

★

Eggs Sausage & Toast 230 cal
Blueberry Muffin Mini 1.6oz 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 Maple 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 1.6oz 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 1.6oz 150 cal

★

Cinnamon Roll Mini Carmel 120 cal
Poptarts Double 340 cal

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 subject to change.