



Alamance-Burlington School System

Southern Middle

Breakfast · October 2026



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
Chicken & Waffle Breakfast 190 cal
Sliced Peaches 60 cal

Eggs Sausage & Toast 230 cal
Poptarts Double 340 cal
Raisels 120 cal

Southern Biscuit 160 cal
Sausage Patty (Turkey) 80 cal
Cinnamon Bun 250 cal
Pineapple Tidbits 80 cal

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

Super Donut 250 cal
Assorted Cereals 2oz 223 cal
Applesauce Cup 60 cal

Waffle Bites Mapple 100 cal
Yogurt 70 cal
Granola 90 cal
Sliced Peaches 60 cal

Eggs Sausage & Toast 230 cal
Cinnamon Roll Mini Carmel 120 cal
Applesauce Cup 60 cal

Southern Biscuit 160 cal
Chicken Patty Breakfast 80 cal
Cinnamon Bun 250 cal
Strawberry Cup 80 cal
Sliced Pears 63 cal

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

Pancake Confetti 200 cal
Poptarts Double 340 cal
Raisels 120 cal

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Eggs Sausage & Toast 230 cal
Pancake Wrap Chicken 190 cal
Sliced Peaches 60 cal

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

Dutch Waffle 330 cal
Yogurt 70 cal
Chocolate Chip Muffin Mini 160 cal
Blueberry Muffin Mini 1.6oz 150 cal
Applesauce Cup 60 cal

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