



# BREAKFAST

## OCTOBER 2026

# Sylvan Elementary

Alamance-Burlington School System



Monday

Tuesday

Wednesday

Thursday

Friday

|                                                                                                                        |  |                                                                                                                             |  |                                                                                                                           |  |                                                                                                                             |  |                                                                                                                       |  |
|------------------------------------------------------------------------------------------------------------------------|--|-----------------------------------------------------------------------------------------------------------------------------|--|---------------------------------------------------------------------------------------------------------------------------|--|-----------------------------------------------------------------------------------------------------------------------------|--|-----------------------------------------------------------------------------------------------------------------------|--|
| 5                                                                                                                      |  | 6                                                                                                                           |  | 7                                                                                                                         |  | 8                                                                                                                           |  | 9                                                                                                                     |  |
| No menu published                                                                                                      |  | No menu published                                                                                                           |  | No menu published                                                                                                         |  | No menu published                                                                                                           |  | No menu published                                                                                                     |  |
| 12                                                                                                                     |  | 13                                                                                                                          |  | 14                                                                                                                        |  | 15                                                                                                                          |  | 16                                                                                                                    |  |
|  <b>FRENCH TOAST STICKS</b> 240 cal   |  |  <b>EGGS SAUSAGE &amp; TOAST</b> 230 cal   |  |  <b>SOUTHERN BISCUIT</b> 160 cal         |  |  <b>PILLSBURY STRAWBERRY BAGEL</b> 180 cal |  |  <b>SUPER DONUT</b> 250 cal        |  |
|  Chicken & Waffle Breakfast 190 cal  |  |  Poptarts Double Raisels 340 cal          |  |  Sausage Patty (Turkey) 80 cal          |  |  Yogurt 70 cal                            |  |  Assorted Cereals 2oz 223 cal     |  |
|  Sliced Peaches 60 cal              |  |  Cinnamon Bun 250 cal                    |  |  Cinnamon Bun 250 cal                  |  |  Blueberry Muffin Mini 1.6oz 150 cal     |  |  Applesauce Cup 60 cal           |  |
|                                                                                                                        |  |                                                                                                                             |  |  Pineapple Tidbits 80 cal              |  |  Chocolate Chip Muffin Mini 160 cal      |  |                                                                                                                       |  |
|                                                                                                                        |  |                                                                                                                             |  |                                                                                                                           |  |  Sliced Pears 63 cal                     |  |                                                                                                                       |  |
|                                                                                                                        |  |                                                                                                                             |  |                                                                                                                           |  |  Strawberry Cup 80 cal                   |  |                                                                                                                       |  |
| 19                                                                                                                     |  | 20                                                                                                                          |  | 21                                                                                                                        |  | 22                                                                                                                          |  | 23                                                                                                                    |  |
|  <b>WAFFLE BITES MAPPLE</b> 100 cal |  |  <b>EGGS SAUSAGE &amp; TOAST</b> 230 cal |  |  <b>SOUTHERN BISCUIT</b> 160 cal       |  |  <b>WAFFLE FROOT LOOPS</b> 180 cal       |  |  <b>PANCAKE CONFETTI</b> 200 cal |  |
|  Yogurt 70 cal                      |  |  Cinnamon Roll Mini Carmel 120 cal       |  |  Chicken Patty Breakfast 80 cal        |  |  Yogurt 70 cal                           |  |  Poptarts Double Raisels 340 cal |  |
|  Granola 90 cal                     |  |  Applesauce Cup 60 cal                   |  |  Cinnamon Bun 250 cal                  |  |  Blueberry Muffin Mini 1.6oz 150 cal     |  |  Raisels 120 cal                 |  |
|  Sliced Peaches 60 cal              |  |                                                                                                                             |  |  Strawberry Cup 80 cal                 |  |  Chocolate Chip Muffin Mini 160 cal      |  |                                                                                                                       |  |
|                                                                                                                        |  |                                                                                                                             |  |  Sliced Pears 63 cal                   |  |  Pineapple Tidbits 80 cal                |  |                                                                                                                       |  |
| 26                                                                                                                     |  | 27                                                                                                                          |  | 28                                                                                                                        |  | 29                                                                                                                          |  | 30                                                                                                                    |  |
| No menu published                                                                                                      |  |  <b>EGGS SAUSAGE &amp; TOAST</b> 230 cal |  |  <b>CHICKEN PATTY BREAKFAST</b> 80 cal |  |  <b>DUTCH WAFFLE</b> 330 cal             |  |  <b>POPTARTS DOUBLE</b> 340 cal  |  |
|                                                                                                                        |  |  Pancake Wrap Chicken 190 cal            |  |  Southern Biscuit 160 cal              |  |  Yogurt 70 cal                           |  |  Assorted Cereals 2oz 223 cal    |  |
|                                                                                                                        |  |  Sliced Peaches 60 cal                   |  |  Muffin 3.15 oz Blueberry 223 cal      |  |  Chocolate Chip Muffin Mini 160 cal      |  |  Mixed Fruit 85 cal              |  |
|                                                                                                                        |  |                                                                                                                             |  |  Muffin 3.15 oz Choc Chip 249 cal      |  |  Blueberry Muffin Mini 1.6oz 150 cal     |  |                                                                                                                       |  |
|                                                                                                                        |  |                                                                                                                             |  |  Muffin 3.15 oz Strawberry 258 cal     |  |  Applesauce Cup 60 cal                   |  |                                                                                                                       |  |
|                                                                                                                        |  |                                                                                                                             |  |  Sliced Pears 63 cal                   |  |                                                                                                                             |  |                                                                                                                       |  |
|                                                                                                                        |  |                                                                                                                             |  |  Strawberry Cup 80 cal                 |  |                                                                                                                             |  |                                                                                                                       |  |