



BREAKFAST OCTOBER 2026

Woodlawn Middle

Alamance-Burlington School System



Monday		Tuesday		Wednesday		Thursday		Friday	
						1		2	
No menu published		No menu published		No menu published		No menu published		No menu published	
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	
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	
19		20		21		22		23	
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	
26		27		28		29		30	
No menu published		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](https://www.nutrislice.com/)