



Asheville City Schools

Asheville Middle School

Asheville Middle Breakfast · October 2026



Monday

Tuesday

Wednesday

Thursday

Friday

1

No menu published

2

No menu published

5

No menu published

6

No menu published

7

No menu published

8

No menu published

9

No menu published

12

Egg & Cheese Biscuit Sandwich 290 cal
 Frosted Blueberry Pop-Tart 340 cal
 Fresh Whole Apple Gala 60 cal
 Mixed Berries 70 cal

13

WG Banana Muffin 190 cal
 Strawberry Banana Yogurt 70 cal
 Mini Confetti Pancakes 210 cal
 Fresh Pear 90 cal
 Chilled Peaches 90 cal

14

Breakfast Turkey Sausage Pizza 210 cal
 Frosted Strawberry Pop-Tart 370 cal
 Fresh Orange 60 cal
 Chilled Applesauce 50 cal

15

Mini French Toast 190 cal
 Strawberry Cream Cheese Stuffed Bagel 240 cal
 Fresh Banana 110 cal
 Chilled Pears 80 cal

16

Chicken Biscuit Sandwich 300 cal
 Frosted Cinnamon Pop-Tart 360 cal
 Fresh Granny Smith Apple 80 cal
 Chilled Applesauce 50 cal

19

Bacon, Egg, & Cheese on a Biscuit 310 cal
 Frosted Blueberry Pop-Tart 340 cal
 Fresh Whole Apple Gala 60 cal
 Mixed Berries 70 cal

20

Chocolate Chip Muffin 200 cal
 Strawberry Banana Yogurt 70 cal
 Blueberry Bash Waffles 210 cal
 Fresh Pear 90 cal
 Chilled Peaches 90 cal

21

Chicken Biscuit Sandwich 430 cal
 Frosted Strawberry Pop-Tart 370 cal
 Fresh Orange 60 cal
 Chilled Applesauce 50 cal

22

Mini Maple Pancakes 200 cal
 Mini Cinnis 230 cal
 Fresh Banana 110 cal
 Chilled Pears 80 cal

23

Egg & Cheese Croissant 270 cal
 Frosted Cinnamon Pop-Tart 360 cal
 Fresh Granny Smith Apple 80 cal
 Chilled Applesauce 50 cal

26

Honey Butter Chicken Biscuit 360 cal
 Frosted Blueberry Pop-Tart 340 cal
 Fresh Whole Apple Gala 60 cal
 Mixed Berries 70 cal

27

WG Banana Muffin 190 cal
 Strawberry Banana Yogurt 70 cal
 Apple Frudel 210 cal
 Fresh Pear 90 cal
 Chilled Peaches 90 cal

28

Ham & Cheese Croissant 310 cal
 Frosted Strawberry Pop-Tart 370 cal
 Fresh Orange 60 cal
 Chilled Applesauce 50 cal

29

Mini Maple Waffles 180 cal
 Mini Cinnis 230 cal
 Fresh Banana 110 cal
 Chilled Pears 80 cal

30

Turkey Sausage Biscuit Sandwich 240 cal
 Frosted Cinnamon Pop-Tart 360 cal
 Fresh Granny Smith Apple 80 cal
 Chilled Applesauce 50 cal

Served every day

Less Sugar Cinnamon Toast Crunch Bowl · Reduced Sugar Cocoa Puffs Cereal Bowl · Reduced Sugar Lucky Charms Cereal Bowl · Honey Cheerios Cereal Bowl
 Apple Juice · Orange Pineapple Juice · Low Fat Milk · Chocolate Low Fat Milk

Menu data from Asheville City Schools, drawn by schoolmenuapp.com. Menu subject to change.
Calories are per serving, as Asheville City Schools publishes them.

nutrislice