



BREAKFAST OCTOBER 2026

Ira B Jones Elementary School

Asheville City Schools



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 BREAKFAST TURKEY SAUSAGE PIZZA 210 cal Apple Frudel 210 cal Fresh Orange 45 cal	13 MINI FRENCH TOAST 190 cal Soft Filled Cinnamon Toast Crunch Bar 260 cal Fresh Whole Gala Apple 70 cal	14 CHICKEN BISCUIT SANDWICH 300 cal Frosted Blueberry Pop-Tart 170 cal Low Fat Mozzarella String Cheese 80 cal Chilled Diced Pears 60 cal	15 MINI CINNAMON WAFFLES 190 cal Strawberry Banana Yogurt 70 cal Strawberry Nutrigrain Bar 150 cal Fresh Banana 110 cal	16 BACON, EGG, & CHEESE ON A BISCUIT 290 cal Whole Grain Apple Cinnamon Muffin 180 cal Low Fat Mozzarella String Cheese 80 cal Applesauce 50 cal
19 TURKEY SAUSAGE & CHEESE BISCUIT SANDWICH 290 cal Strawberry Nutrigrain Bar 150 cal Low Fat Mozzarella String Cheese 80 cal Fresh Whole Apple Gala 60 cal Mixed Berries 70 cal	20 CINNAMON TOAST CRUNCH MINI FRENCH TOAST BITES 210 cal Vanilla Yogurt 70 cal Scooby Doo Graham Crackers 120 cal Fresh Orange 45 cal Chilled Peaches 90 cal	21 HAM & CHEESE CROISSANT 320 cal Frosted Strawberry Pop-Tart 170 cal Low Fat Mozzarella String Cheese 80 cal Fresh Red Seedless Grapes 50 cal Chilled Applesauce 50 cal	22 MINI STRAWBERRY PANCAKE PUFFS 190 cal Vanilla Yogurt 70 cal Scooby Doo Graham Crackers 120 cal Fresh Whole Apple Gala 60 cal Chilled Pears 80 cal	23 SAUSAGE & CHEESE BAGEL SANDWICH 280 cal Strawberry Nutrigrain Bar 150 cal Low Fat Mozzarella String Cheese 80 cal Fresh Banana 110 cal Strawberry Cup 80 cal
26 BLUEBERRY BASH WAFFLES 210 cal Whole Grain Blueberry Muffin 190 cal Low Fat Mozzarella String Cheese 80 cal Fresh Whole Gala Apple 70 cal Peach Cup 90 cal	27 HONEY BUTTER CHICKEN BISCUIT 390 cal Strawberry Banana Yogurt 70 cal Tiger Graham Crackers 120 cal Fresh Pear 90 cal Chilled Applesauce 50 cal	28 EGG & CHEESE CROISSANT 270 cal Strawberry Cream Cheese Stuffed Bagel 240 cal Fresh Red Delicious Apple 60 cal Mixed Berries 70 cal	29 TURKEY SAUSAGE BISCUIT SANDWICH 240 cal Strawberry Banana Yogurt 70 cal Tiger Graham Crackers 120 cal Fresh Orange 45 cal Chilled Peaches 90 cal	30 MINI CONFETTI PANCAKES 210 cal Strawberry Nutrigrain Bar 150 cal Low Fat Mozzarella String Cheese 80 cal Fresh Banana 110 cal Strawberry Cup 80 cal

Served every day:

Less Sugar Cinnamon Toast Crunch Bowl · Honey Cheerios Cereal Bowl · Reduced Sugar Lucky Charms Cereal Bowl · Cinnamon Chex 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.

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