



Asheville City Schools

Lucy S Herring Elementary School

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

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 60 cal
 Fresh Whole 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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