

Buncombe County Schools
Valley Springs Middle



Breakfast · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

No menu published

No menu published

Breakfast Pizza
 Honey Bun WG

Cinnamon Roll
 Pull-a-Part Donut

Muffin
 Super Donut

Maple Pancakes
 Super Donut

Blueberry Donut Holes
 Fruity Frudel

Breakfast Pizza
 Honey Bun WG

Cinnamon Roll
 Pull-a-Part Donut

Muffin
 Super Donut

Maple Pancakes
 Super Donut

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Muffin
 Super Donut

Served every day

Appleway Oatmeal Bar · Chicken Biscuit · Pop-Tart · Sausage Biscuit