Breakfast Menu

Breakfast Cycle Menu (3-week cycle) October 2026

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
09/21 - 09/25	***WG Breakfast Pizza (2) 5 oz*** ***Yogurt Parfait with Oats 5oz*** *Fruit/ Juice ¾ c* *LF Milk 1 c* *(Scratch)*	***Egg & Potato Burrito 5.011oz*** ***Overnight Oats 4oz*** *Fruit/ Juice ¾ c* *LF Milk 1 c* *(Speed – Scratch)*	***Scrambled Egg 3.5oz*** ***WG Flour Tortilla (heated on Skillet) 2.011oz*** ***Yogurt Parfait with Oats 5oz*** *Fruit/ Juice ¾ c* *LF Milk 1 c* *(Scratch)*	***Fried Egg (2) 3oz*** ***Hashbrown 2oz*** ***Overnight Oats 4oz*** *Fruit/ Juice ¾ c* *LF Milk 1 c* *(Speed – Scratch)*	
09/28 - 10/02	***Croissant Ham & Cheese (2) 5 oz*** ***Yogurt Parfait with Oats 5oz*** *Fruit/ Juice ¾ c* *LF Milk 1 c* *(Heat & Serve)*	***Quiche asparagus peppers and cheese 4oz*** ***Breakfast Crispy Potatoes 4oz*** ***Overnight Oats 4oz*** *Fruit/ Juice ¾ c* *LF Milk 1 c* *(Scratch)*	***WG Breakfast Pizza (2) 5 oz*** ***Yogurt Parfait with Oats 5oz*** *Fruit/ Juice ¾ c* *LF Milk 1* *(Speed – Scratch)*	***Sausage Patty & Cheese 2.5oz*** ***Biscuit 2.85 oz*** ***Overnight Oats 4oz*** *Fruit/ Juice ¾ c* *LF Milk 1 c* *(Speed-Scratch)*	
10/05 - 10/09	***Egg & Ham Burrito 5.011oz*** ***Yogurt Parfait with Oats 5oz*** *Fruit/Juice ¾ c* *LF Milk 1 c* *(Scratch)*	***Cheese Omelet w French Toast 4.5 oz*** ***Overnight Oats 4oz*** *Fruit/ Juice ¾ c* *LF Milk 1 c* *(Speed – Scratch)*	***Breakfast Tacos on Corn Tortilla (2.49oz) with Scrambled Egg and Bacon 5oz*** ***Yogurt Parfait with Oats 5oz*** *Fruit/ Juice ¾ c* *LF Milk 1* *(Scratch)*	***Egg & Cheese 4.5oz*** ***English Muffin 2 oz*** ***Overnight Oats 4oz*** *Fruit/ Juice ¾ c* *LF Milk 1 c* *(Scratch)*	
10/12 - 10/16	***Egg & Potato Burrito 5.011oz*** ***Yogurt Parfait with Oats 5oz*** *Fruit/ Juice ¾ c* *LF Milk 1 c* *(Scratch)*	***WG Breakfast Pizza (2) 5 oz*** ***Overnight Oats 4oz*** *Fruit/ Juice ¾ c* *LF Milk 1 c* *(Speed – Scratch)*	***Scrambled Egg 3.5oz*** ***WG Flour Tortilla (heated on Skillet) 2.011oz*** ***Yogurt Parfait with Oats 5oz*** *Fruit/ Juice ¾ c* *LF Milk 1 c* *(Scratch)*	***Fried Egg (2) 3oz*** ***Hashbrown 2oz*** ***Overnight Oats 4oz*** *Fruit/ Juice ¾ c* *LF Milk 1 c* *(Speed – Scratch)*	

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****MENU IS SUBJECT TO CHANGE****