



# Arlene's October 2026 K-8 Breakfast Menu

|                                                                                                                                                             |                                                                                                                                                       |                                                                                                                                             |                                                                                                                                                   |                                                                                                                                                        |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><i>Carbs listed for each item in blue font</i></p>                      |                                                                      |                                                           | <p>1<br/>Blueberry Muffin (2wg) <b>36</b><br/>Craisins (1/2c) <b>34</b><br/>Juice (1/2c) <b>14</b><br/>Choc/White Milk (1c) <b>19/13</b></p>      | <p>2<br/>Bagel &amp; Cream Cheese (2wg) <b>30</b><br/>Applesauce (1/2c) <b>11</b><br/>Juice (1/2c) <b>14</b><br/>Choc/White Milk (1c) <b>19/13</b></p> |
| <p>5<br/>Nutri-Grain Bar (1wg) <b>30</b><br/>Applesauce (1/2c) <b>11</b><br/>Juice (1/2c) <b>14</b><br/>Choc/White Milk (1c) <b>19/13</b></p>               | <p>6<br/>Chocolate Muffin (2wg) <b>36</b><br/>Craisins (1/2c) <b>34</b><br/>Juice (1/2c) <b>14</b><br/>Choc/White Milk (1c) <b>19/13</b></p>          | <p>7<br/>Cinnamon Bun (2wg) <b>34</b><br/>Apple (1/2c) <b>25</b><br/>Juice (1/2c) <b>14</b><br/>Choc/White Milk (1c) <b>19/13</b></p>       | <p>8<br/>Banana Bread (2wg) <b>43</b><br/>Craisins (1/2c) <b>34</b><br/>Juice (1/2c) <b>14</b><br/>Choc/White Milk (1c) <b>19/13</b></p>          | <p>9<br/>Super Breakfast Ring (1g) <b>27</b><br/>Applesauce (1/2c) <b>11</b><br/>Juice (1/2c) <b>14</b><br/>Choc/White Milk (1c) <b>19/13</b></p>      |
| <p>12<br/>Cereal Bar (1wg) <b>30</b><br/>Applesauce (1/2c) <b>11</b><br/>Juice (1/2c) <b>14</b><br/>Choc/White Milk (1c) <b>19/13</b></p>                   | <p>13<br/>Blueberry Muffin Top (1wg) <b>30</b><br/>Craisins (1/2c) <b>34</b><br/>Juice (1/2c) <b>14</b><br/>Choc/White Milk (1c) <b>19/13</b></p>     | <p>14<br/>Cinnamon Bun (2wg) <b>34</b><br/>Applesauce (1/2c) <b>11</b><br/>Juice (1/2c) <b>14</b><br/>Choc/White Milk (1c) <b>19/13</b></p> | <p>15<br/>Blueberry Muffin (2wg) <b>36</b><br/>Apple (1/2c) <b>25</b><br/>Juice (1/2c) <b>14</b><br/>Choc/White Milk (1c) <b>19/13</b></p>        | <p><b>NO SCHOOL</b><br/><br/><b>PROFESSIONAL DEVELOPMENT DAY!</b></p>                                                                                  |
| <p>19<br/>Strawberry Pop Tart (1wg) <b>38</b><br/>Applesauce (1/2c) <b>11</b><br/>Juice (1/2c) <b>14</b><br/>Choc/White Milk (1c) <b>19/13</b></p>          | <p>20<br/>Bagel &amp; Cream Cheese (2wg) <b>30</b><br/>Craisins (1/2c) <b>34</b><br/>Juice (1/2c) <b>14</b><br/>Choc/White Milk (1c) <b>19/13</b></p> | <p>21<br/>Cinnamon Bun (2wg) <b>34</b><br/>Apple (1/2c) <b>25</b><br/>Juice (1/2c) <b>14</b><br/>Choc/White Milk (1c) <b>19/13</b></p>      | <p>22<br/>Chocolate Bread (2wg) <b>43</b><br/>Craisins (1/2c) <b>34</b><br/>Juice (1/2c) <b>14</b><br/>Choc/White Milk (1c) <b>19/13</b></p>      | <p>23<br/>Super Breakfast Ring (1g) <b>27</b><br/>Applesauce (1/2c) <b>11</b><br/>Juice (1/2c) <b>14</b><br/>Choc/White Milk (1c) <b>19/13</b></p>     |
| <p>26<br/>Apple/Cinnamon Oatmeal Round (2wg) <b>39</b><br/>Applesauce (1/2c) <b>11</b><br/>Juice (1/2c) <b>14</b><br/>Choc/White Milk (1c) <b>19/13</b></p> | <p>27<br/>Choc Muffin Top (1wg) <b>30</b><br/>Craisins (1/2c) <b>34</b><br/>Juice (1/2c) <b>14</b><br/>Choc/White Milk (1c) <b>19/13</b></p>          | <p>28<br/>Cinnamon Bun (2wg) <b>34</b><br/>Apple (1/2c) <b>25</b><br/>Juice (1/2c) <b>14</b><br/>Choc/White Milk (1c) <b>19/13</b></p>      | <p>29<br/>Blueberry Muffin Top (1wg) <b>30</b><br/>Craisins (1/2c) <b>34</b><br/>Juice (1/2c) <b>14</b><br/>Choc/White Milk (1c) <b>19/13</b></p> | <p>30<br/>Mini Cinnis (2wg) <b>40</b><br/>Applesauce (1/2c) <b>11</b><br/>Juice (1/2c) <b>14</b><br/>Choc/White Milk (1c) <b>19/13</b></p>             |

MENU SUBJECT TO CHANGE  
MENU CONTAINS MILK, EGG, WHEAT AND SOY PRODUCTS; ALLERGEN INFO INCLUDED ON BACK OF DAILY DELIVERY SLIP  
NO PORK, PEANUTS OR FISH PRODUCTS SERVED AT ANY TIME  
USDA IS AN EQUAL OPPORTUNITY PROVIDER, EMPLOYER, AND LENDER