

Breakfast Menu



Breakfast Cycle Menu (3-week cycle)

September 2026

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08/31 - 08/04	Egg & Ham Burrito 5.011oz Yogurt Parfait with Oats 5oz Fruit/Juice $\frac{3}{4}$ c LF Milk 1 c (Scratch)	Cheese Omelet w French Toast 4.5 oz Overnight Oats 4oz Fruit/ Juice $\frac{3}{4}$ 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 $\frac{3}{4}$ c LF Milk 1 (Scratch)	Egg & Cheese 4.5oz English Muffin 2 oz Overnight Oats 4oz Fruit/ Juice $\frac{3}{4}$ c LF Milk 1 c (Scratch)	
09/07 - 09/11	Egg & Potato Burrito 5.011oz Yogurt Parfait with Oats 5oz Fruit/ Juice $\frac{3}{4}$ c LF Milk 1 c (Scratch)	WG Breakfast Pizza (2) 5 oz Overnight Oats 4oz Fruit/ Juice $\frac{3}{4}$ 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 $\frac{3}{4}$ c LF Milk 1 c (Scratch)	Fried Egg (2) 3oz Hashbrown 2oz Overnight Oats 4oz Fruit/ Juice $\frac{3}{4}$ c LF Milk 1 c (Speed – Scratch)	
09/14 - 09/18	Croissant Ham & Cheese (2) 5 oz Yogurt Parfait with Oats 5oz Fruit/ Juice $\frac{3}{4}$ c LF Milk 1 c (Heat & Serve)	Breakfast Tacos on Corn Tortilla with Scrambled Egg and Ham 5oz Overnight Oats 4oz Fruit/ Juice $\frac{3}{4}$ c LF Milk 1 c (Scratch)	WG Breakfast Pizza (2) 5 oz Yogurt Parfait with Oats 5oz Fruit/ Juice $\frac{3}{4}$ c LF Milk 1 (Speed – Scratch)	Sausage Patty & Cheese 2.5oz Biscuit 2.85 oz Overnight Oats 4oz Fruit/ Juice $\frac{3}{4}$ c LF Milk 1 c (Speed-Scratch)	
09/21 - 09/25	Egg & Ham Burrito 5.011oz Yogurt Parfait with Oats 5oz Fruit/Juice $\frac{3}{4}$ c LF Milk 1 c (Scratch)	Cheese Omelet w French Toast 4.5 oz Overnight Oats 4oz Fruit/ Juice $\frac{3}{4}$ 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 $\frac{3}{4}$ c LF Milk 1 (Scratch)	Egg & Cheese 4.5oz English Muffin 2 oz Overnight Oats 4oz Fruit/ Juice $\frac{3}{4}$ c LF Milk 1 c (Scratch)	

Non-Discrimination Statement

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