

OCTOBER 2026

Middletown Elementary Breakfast Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
Super Donut
Cheese Stick
Fresh Apple Slices
100% Fruit Juice
Milk

2
NO
SCHOOL!

5
Donut Holes
Peach Cup
100% Fruit Juice
Milk

6
Cereal Bowl
Honey Brown Sugar Turkey
Stick
Fresh Clementine
100% Fruit Juice
Milk

7
Banana Chocolate Chunk
Bar
Mandarin Orange Cup
100% Fruit Juice
Milk

8
Snack'N Waffle
Cherry Applesauce
100% Fruit Juice
Milk

9
NO
SCHOOL!

12
Eggo Mini French Toast
Mandarin Orange Cup
100% Fruit Juice
Milk

13
WG Uncrustable
Pear Cup
100% Fruit Juice
Milk

14
Pop-Tart
Cheese Stick
Fresh Red Grapes
100% Fruit Juice
Milk

15
Mini Cinni's
Mango Peach Applesauce
100% Fruit Juice
Milk

16
NO
SCHOOL!

19
Chocolate Caramel or
Strawberry Yogurt Chex Mix
Beef Stick
Fresh Banana
100% Fruit Juice
Milk

20
Muffin w/Butter
Cheese Stick
Mixed Fruit Cup
100% Fruit Juice
Milk

21
Grape or Chocolate Filled
Crescent
Applesauce
100% Fruit Juice
Milk

22
Eggo Waffle Grahams
Yogurt
Mandarin Orange Cup
100% Fruit Juice
Milk

23
NO
SCHOOL!

26
Oatmeal Bar
Cheese Stick
Fresh Grapes
100% Fruit Juice
Milk

27
Apple or Cherry Frudel
Peach Cup
100% Fruit Juice
Milk

28
Cheez-It
Beef Stick
Cherry Applesauce
100% Fruit Juice
Milk

29
Super Slice Bread
Mandarin Orange Cup
100% Fruit Juice
Milk

30
NO
SCHOOL!

News

Did you know that all breakfasts are **FREE** to **ALL** students every day?

Students may choose three (3) of the four (4) items daily. One of the items **MUST** be a **FRUIT**.

All breakfast items are whole grain, reduced sugar, low sodium & approved by the USDA Child Nutrition standards set for the National School Lunch Program (NSLP)!

Encourage your student to try breakfast at school...it's healthy, it's nutritious & provides the energy that young learners need to get through the day!

Fueling healthy minds & bodies!