# OCTOBER 2026

## Middletown Secondary Breakfast Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | | | 1<br>Super Donut<br>Cheese Stick<br>Fresh Apple Slices<br>100% Fruit Juice<br>Mik | 2<br>NO SCHOOL! |
| 5<br>Donut Holes<br>Peach Cup<br>100% Fruit Juice<br>Milk | 6<br>Cereal Bowl<br>Honey Brown Sugar Turkey Stick<br>Fresh Clementine<br>100% Fruit Juice<br>Milk | 7<br>Banana Chocolate Chunk Bar<br>Mandarin Orange Cup<br>100% Fruit Juice<br>Milk | 8<br>Snack'N Waffle<br>Cherry Applesauce<br>100% Fruit Juice<br>Milk | 9<br>NO SCHOOL! |
| 12<br>Eggo Mini French Toast<br>Mandarin Orange Cup<br>100% Fruit Juice<br>Milk | 13<br>WG Uncrustable<br>Pear Cup<br>100% Fruit Juice<br>Milk | 14<br>Pop-Tart<br>Cheese Stick<br>Fresh Red Grapes<br>100% Fruit Juice<br>Milk | 15<br>Mini Cinni's<br>Mango Peach Applesauce<br>100% Fruit Juice<br>Milk | 16<br>NO SCHOOL! |
| 19<br>Chocolate Caramel or Strawberry Yogurt Chex Mix<br>Beef Stick<br>Fresh Banana<br>100% Fruit Juice<br>Milk | 20<br>Muffin w/Butter<br>Cheese Stick<br>Mixed Fruit Cup<br>100% Fruit Juice<br>Milk | 21<br>Grape or Chocolate Filled Cresent<br>Applesauce<br>100% Fruit Juice<br>Milk | 22<br>Eggo Waffle Grahams<br>Yogurt<br>Mandarin Orange Cup<br>100% Fruit Juice<br>Milk | 23<br>NO SCHOOL! |
| 26<br>Oatmeal Bar<br>Cheese Stick<br>Fresh Grapes<br>100% Fruit Juice<br>Milk | 27<br>Apple or Cherry Frudel<br>Peach Cup<br>100% Fruit Juice<br>Milk | 28<br>Cheez-It<br>Beef Stick<br>Cherry Applesauce<br>100% Fruit Juice<br>Milk | 29<br>Super Slice Bread<br>Mandarin Orange Cup<br>100% Fruit Juice<br>Milk | 30<br>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!

*USDA is an equal opportunity provider, employer, and lender. Fat Free Chocolate & 1% White Milk are offered daily with every meal. Water is available upon request. Menu subject to change.*