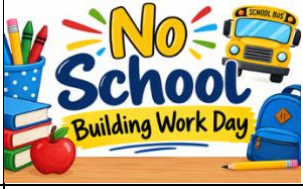




# Arlene's October 2026 K-8 Breakfast Menu

|                                                                                                                                                  |                                                                                                                                        |                                                                                                                                  |                                                                                                                                        |                                                                                                                                          |
|--------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| <i>Carbs listed for each item in blue font</i>                                                                                                   |                                                                                                                                        |                                                                                                                                  | 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>      | 2<br>Bagel & 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>  |
| 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>               | 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>      | 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>       | 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>          |                                                       |
|                                                                 | 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> | 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> | 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>        | 16<br>Apple Strudel Pastry (2wg) <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> |
| 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>          | 20<br>Bagel & 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> | 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>      | 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>      |                                                      |
| 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> | 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>      | 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>      | 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> | 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>          |

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