



OCTOBER 2026 Breakfast



All reimbursable breakfasts MUST include a fruit, vegetable, or 100% vegetable juice and may include a 1% or skim milk

1%, skim milk and additional fruit offerings available every day.



Breakfast Price: Student \$3.35

Drinking cups and water available in every cafeteria.

Menu subject to change based on availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Baked Scone Apple Skim Milk/ 1% Milk	29 WG Bagel w/ Cream Cheese Orange Smiles Skim Milk/ 1% Milk	30 WG MiniCinnis WG Goldfish Vegetable Blend Juice Skim Milk/ 1% Milk	1 WG Apple Frudel Banana Skim Milk/ 1% Milk	2 WG Banana Muffin WG Goldfish Vegetable Blend Juice Skim Milk/ 1% Milk
5 WG Bagel w/ Cream Cheese Apple Skim Milk/ 1% Milk	6 WG Cherry Frudel Vegetable Blend Juice Skim Milk/ 1% Milk	7 WG Apple Cinnamon Muffin WG Goldfish Orange Smiles Skim Milk/ 1% Milk	8 WG Bagel w/ Cream Cheese Banana Skim Milk/ 1% Milk	9 Strawberry Nutri Grain Bar WG Goldfish Vegetable Juice Blend Skim Milk / 1% Milk
12 NO SCHOOL COLOMBUS DAY	13 WG Apple Frudel Vegetable Blend Juice Skim Milk/ 1% Milk	14 WG Banana Muffin WG Goldfish Orange Smiles Skim Milk/ 1% Milk	15 WG Bagel w/ Cream Cheese Vegetable Blend Juice Skim Milk/ 1% Milk	16 WG Cherry Frudel Banana Skim Milk/ 1% Milk
19 WG Baked Berry Scone Apple Skim Milk/ 1% Milk	20 WG Bagel w/ Cream Cheese Vegetable Blend Juice Skim Milk/ 1% Milk	21 WG Blueberry Muffin WG Goldfish Orange Smiles Skim Milk/ 1% Milk	22 WG Mini Cinnamon Roll Banana Skim Milk/ 1% Milk	23 WG Bagel w/ Cream Cheese Vegetable Blend Juice Skim Milk/ 1% Milk
26 WG Apple Cinnamon Muffin Vegetable Blend Juice Skim Milk/ 1% Milk	27 WG Bagel w/ Cream Cheese Apple Skim Milk/ 1% Milk	28 WG Baked Berry Scone Orange Smiles Skim Milk/ 1% Milk	29 WG Cherry Frudel Banana Skim Milk/ 1% Milk	30 WG Bagel w/ Cream Cheese Vegetable Blend Juice Skim Milk/ 1% Milk

SNOWY WHITE

TASTE BUDS DELIGHT

Don't let nature's achromatic (lacking hue) produce fool you. While white in color, these hearty fruits, beans, and veggies pack a nutritional punch. White produce also rock the flavonoid quercetin, a natural antihistamine and anti-inflammatory that has also been shown to help decrease blood pressure and prevent heart disease. When deciding which savory white produce to invite to your plate, some of quercetin's finest include onions, garlic, potatoes, mushrooms, cauliflower, turnips, and rutabagas.

DISCOVER: MUSHROOMS

Look out for umami (savory) fungi, mushrooms, this month. In season during the fall and early winter, these tasty toadstools are packed with antioxidants as well as vitamins, minerals, and fiber.



COCONUT: Loaded with potassium, fiber, & vitamin B6
Peak Season: Oct.-Dec.



PARSNIPS: Hearty dose of fiber, vitamins, & minerals
Peak Season: Aug.-March



FAVA BEANS:
Bursting with plant protein, calcium, & micronutrients
Peak Season: March-May

CHALLENGE OF THE MONTH: SALTY POTATO EXPERIMENT

Fill two small bowls with water and mix salt into one of the bowls. Label both bowls so you know which one has the salty water. Cut a potato in half and place each half into a bowl with the cut side down. Leave for about 30 minutes and watch what happens.



TAKEAWAY: Just like the potato loses water, salty foods and drinks make people thirsty. Consume salty food in moderation and stay hydrated.



ACE'S
RECIPE OF THE
MONTH:

NO-BAKE COCONUT CANDY BARS*

Makes 6-8 Bars

INGREDIENTS:

- 1 cup unsweetened shredded coconut
- 1/4 cup agave or pure maple syrup (or 1/4 cup water and stevia to taste)
- 2 tbsp. virgin coconut oil
- 1/2 tsp. pure vanilla extract
- 1/8 tsp. salt
- Optional: Raw chocolate chips

PREPARATION:

1. Ask an adult to combine all ingredients in a food processor. (Mixing by hand will still taste good, but the bars will crumble.)
2. Pack processed mix into any small container (7x5)
3. Refrigerate for one hour, or freeze for 15 minutes.
4. Ask an adult to cut into 6-8 bars.
5. Enjoy!

***DO NOT attempt to chop ingredients or operate food processor without adult supervision.**