

October 2026 KSI Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 WG Cinnamon Chex cereal served with orange juice, fresh banana, and 1% white milk or chocolate milk	2 WG maple pancakes served with sugar-free syrup, 100% fruit juice, and 1% white milk or chocolate milk
5 WG French toast served with sugar-free syrup, fresh diced strawberries, Very Berry juice, and 1% white milk or chocolate milk	6 Cheese omelet with turkey sausage links and a hash brown, served with 100% apple juice and 1% white milk or chocolate milk	7 Scrambled eggs served with bacon and a hash brown, 100% berry juice, and 1% white milk or chocolate milk	8 WG blueberry pancakes served with sugar-free syrup, sliced apples, and 1% white milk or chocolate milk	9 WG Cocoa Puffs chocolate cereal served with 100% fruit punch and 1% white milk or chocolate milk
12 WG mini maple waffles served with sugar-free syrup, 100% apple juice, and 1% white milk or chocolate milk	13 Scrambled eggs served with sausage links and a cinnamon muffin, apple juice, and 1% white milk or chocolate milk	14 WG Honey Nut Cheerios served with a blueberry muffin, apple juice, and 1% white milk or chocolate milk	15 Ham and cheese eggs served with a WG cinnamon muffin, berry juice, and 1% white milk or chocolate milk	16 Blueberry yogurt parfait: Greek yogurt topped with WG cinnamon granola and blueberries, served with a banana, orange juice, and 1% white milk or chocolate milk
19 WG peach oatmeal with diced peaches and cinnamon granola, served with berry juice and 1% white milk or chocolate milk	20 WG Belgian waffles topped with strawberries and maple syrup, served with turkey sausage links, fruit punch juice, and 1% white milk or chocolate milk	21 WG biscuits and gravy topped with creamy sausage gravy, served with Paradise Punch and 1% white milk or chocolate milk	22 WG croissant breakfast sandwich with a hard egg, cheese, and turkey sausage patty, served with berry juice and 1% white milk or chocolate milk	23 WG Cinnamon Toast Crunch cereal served with sliced apple, 100% orange juice, and 1% white milk or chocolate milk
26 Creamed chipped beef over biscuit, served with sliced apples, 100% apple juice, and 1% white milk or chocolate milk	27 Cinnamon WG French toast served with sugar-free syrup, fresh watermelon, fruit punch juice, and 1% white milk or chocolate milk	28 Apple cinnamon yogurt parfait: Greek yogurt topped with cinnamon-spiced apples and WG cinnamon granola, served with orange juice and 1% white milk or chocolate milk	29 Home-style breakfast bowl: scrambled eggs, bacon bits, hash brown, and shredded cheese, served with orange juice and 1% white milk or chocolate milk	30 WG mini confetti pancakes with sugar-free maple syrup, served with turkey sausage links, fruit juice, and 1% white milk or chocolate milk

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