



Cinnamon Roll Day is October 4. Start your day in a fun way with a cinnamon roll. Don't forget to add a glass of milk and a side of fruit to complete your meal!

***This institution is an equal opportunity provider.**



BREAKFAST

MONDAY



WG Mini Cinni Roll 1ea.
String Cheese 1ea.
Fruit Cup 4oz
Juice Cup 4oz
Milk 8Floz

TUESDAY



WG Breakfast Pizza 1ea.
String Cheese 1ea.
Fruit Cup 4oz
Juice Cup 4oz
Milk 8Floz

WEDNESDAY

*WG= Whole Grain
*1 percent milk provided daily.

Scrambled Eggs 2oz
Asst WG Muffin 2oz
Fruit Cup 4oz
Juice Cup 4 oz
Milk 8Floz

THURSDAY

WG Assorted Cereal 3/4c
Yogurt 1ea.
Fruit Cup 4oz
Juice Cup 4oz
Milk 8Floz

WG Pancakes 1 pkg
Cheese Stick 1 ea.
Fruit Cup 4 oz
Juice Cup 4 oz
Milk 8Floz

FRIDAY

Cheese Omelet 1ea.
Hashbrown 1ea.
Fruit Cup 4oz
Juice Cup 4oz
Milk 8Floz

WG Assorted Cereal 3/4c
Yogurt 1 ea.
Fruit Cup 4 oz
Juice Cup 4 oz
Milk 8Floz

WG Breakfast Burrito 1ea.
Yogurt 1ea.
Fruit Cup 4 oz
Juice Cup, Milk 4oz,8Floz

WG Pancakes 1 pkg
Cheese Stick 1 ea.
Fruit Cup 4 oz
Juice Cup, Milk 4oz,8Floz

Cheese Omelet 1ea.
Hashbrown 1ea.
Fruit Cup 4oz
Juice Cup, Milk 4oz,8Floz

**NO
SCHOOL**

**NO
SCHOOL**

**NO
SCHOOL**

WG Carmel Roll 1ea.
Yogurt 1ea.
Fruit Cup 4oz
Juice Cup, Milk 4oz,8Floz

WG Assorted Cereal 3/4c
Yogurt 1ea.
Fruit Cup 4oz
Juice Cup, Milk 4oz,8Floz

Scrambled Eggs 2oz
Asst WG Muffin 2oz
Fruit Cup 4oz
Juice Cup, Milk 4oz,8Floz

WG Pancakes 1 pkg
String Cheese 1 ea.
Fruit Cup 4 oz
Juice Cup, Milk 4oz,8Floz

Assorted WG Muffin 2oz
Yogurt 1oz
Fruit Cup 4oz
Juice Cup, Milk 4oz,8Floz

WG Breakfast Burrito 1ea.
String Cheese 1ea.
Fruit Cup 4oz
Juice Cup, Milk 4oz,8Floz

WG Mini Cinni Roll 1ea.
Yogurt 1ea.
Fruit Cup 4oz
Juice Cup, Milk 4oz,8Floz

WG Assorted Cereal 3/4c
Yogurt 1ea.
Fruit Cup 4oz
Juice Cup, Milk 4oz,8Floz

Cheese Omelet 1ea.
Hashbrown 1ea.
Fruit Cup 4oz
Juice Cup, Milk 4oz,8Floz



St. John's Lutheran School

OCTOBER 2026