

St. Christopher Breakfast Menu

October 2025

Monday		Tuesday		Wednesday		Thursday		Friday	
PLEASE NOTE: The nutrition information provided in this analysis should not be used for people with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. In planning and treating allergies and medical conditions, please contact the district regarding their individual policy for accommodating special dietary needs.				1 Cereal,Variety Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk		2 Bagel Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk		3 Powdered Sugar Mini Donuts Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	
6 Cereal Bar Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk		7 Banana Bread Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk		8 Cereal,Variety Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk		9 Blueberry Muffins Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk		10 	
13 		14 Yogurt Fresh Fruit Juice cup Graham Crackers Upstate 1 % Milk Upstate Fat Free Milk		15 Cereal,Variety Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk		16 Chocolate Chip Muffins Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk		17 Bagel Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	
20 Cereal Bar Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk		21 Pop Tarts - Strawberry Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk		22 Cereal,Variety Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk		23 Chocolate Chip Muffin Top Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk		24 Donut Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	
27 Chocolate Chip Crumb Loaf Fresh Fruit Juice cup		28 Apple Oatmeal Bar Fresh Fruit Juice cup Upstate 1 % Milk		29 Cereal,Variety Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk		30 Chocolate Mini Donuts Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk		31 Waffle Snaps Fresh Fruit Juice cup Upstate 1 % Milk Upstate Fat Free Milk	

This institution is an
equal opportunity
provider.
Menu is subject to
change.

WHAT IS IN A BREAKFAST???

Grains, Meat/Meat Alternate,
Vegetables, Fruits, and Milk.
Students MUST take 3 full
items including 1/2 cup fruit.