

BREAKFAST MENU • OCTOBER 2026

Special Education Services, Washington, DC



Monday	Tuesday	Wednesday	Thursday	Friday
9/28/26	9/29/26	9/30/26	10/1/26	10/2/26
Croissants	Pancakes	Cheese Omelet	Strawberry Muffin	French Toast
Turkey Sausage	Pork Sausage	Turkey Bacon	Turkey Sausage	Pork Sausage Link
Cream of Wheat	Apple Cinnamon Oatmeal	Cheese Grits	Strawberry Oatmeal	Cream of Wheat
10/5/26	10/6/26	10/7/26	10/8/26	10/9/26
Croissants	Apple Strudel	Cheese Omelet	Cinnamon Bagel	
Turkey Sausage	Pork Sausage	Turkey Bacon	Cheese Grits	
Cream of Wheat	Cream of Wheat	Grits	Cream of Wheat	
10/12/26	10/13/26	10/14/26	10/15/26	10/16/26
	Potatoes Obrien	Scrambled Eggs	Mini Cinnamon Rolls	Pancakes
	Pork Sausage	Turkey Bacon	Turkey Sausage	Pork Sausage
	Cream of Wheat	Cheese Grits	Apple Cinnamon Oatmeal	Cream of Wheat
10/19/26	10/20/26	10/21/26	10/22/26	10/23/26
Honey Butter Biscuits	Waffles	Cheese Omelet	Biscuits	French Toast Sticks
Turkey Sausage	Pork Sausage	Turkey Bacon	Turkey Sausage	Pork Sausage Link
Cream of Wheat	Maple Cinnamon Oatmeal	Cheese Grits	Strawberry Oatmeal	Cream of Wheat
10/26/26	10/27/26	10/28/26	10/29/26	10/30/26
English Muffins	Corn Beef Hash	Cheese Omelet	Biscuits	French Toast Sticks
Turkey Sausage	Grits	Turkey Bacon	Turkey Sausage	Pork Sausage Link
Cream of Wheat	Cream of Wheat	Cheese Grits	Pumpkin Spiced Oatmeal	Cream of Wheat



Grain products are at least 50% whole grain.

NUTRITIONAL
AND
INGREDIENT
INFORMATION

