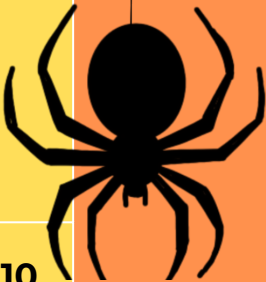


MON	TUE	WED	THU	FRI
<div> <div>PEARS</div>  <div>October</div> </div>		<div> <div>Overnight Oats</div> <div>1</div> </div>	<div> <div>NO SCHOOL ! YOM KIPPUR</div> <div>2</div> </div>	<div> <div>Assorted Cereal</div> <div>3</div> </div>
<div> <div>Pear & Yogurt Parfait</div> <div>6</div> </div>	<div> <div>Egg & Cheese Biscuit</div> <div>7</div> </div>	<div> <div>Breakfast Sushi</div> <div>8</div> </div>	<div> <div>Lemonade Smoothie w/ Mini Scone</div> <div>9</div> </div>	<div> <div>Avocado Toast w/ Hard Boiled Egg</div> <div>10</div> </div>
<div> <div>NO SCHOOL ! INDIGENOUS PEOPLES' DAY</div> <div>13</div> </div>	<div> <div>Blueberry or Chocolate Muffin</div> <div>14</div> </div>	<div> <div>Yogurt w/ Mini Bagel</div> <div>15</div> </div>	<div> <div>Assorted Cereal</div> <div>16</div> </div>	<div> <div>Cheesy Egg Cup</div> <div>17</div> </div>
<div> <div>Pumpkin Pie Parfait w/ Granola</div> <div>20</div> </div>	<div> <div>Breakfast Nachos</div> <div>21</div> </div>	<div> <div>Banana Bread</div> <div>22</div> </div> <div> <div>EARLY RELEASE PK-12 BROWN BAG LUNCH</div> </div>	<div> <div>Maple Lime Quinoa Bowl</div> <div>23</div> </div>	<div> <div>Bagel w/ Cream cheese or Sun Butter</div> <div>24</div> </div>
<div> <div>Breakfast Burrito</div> <div>27</div> </div>	<div> <div>Hot Oatmeal w/ Fruit</div> <div>28</div> </div>	<div> <div>Pumpkin Bread</div> <div>29</div> </div>	<div> <div>Butternut, Cranberry Granola Parfait</div> <div>30</div> </div>	<div> <div>Pancake Turkey Sausage Stick</div> <div>31</div> </div>

OCTOBER 2025

BREAKFAST MENU



DAILY Breakfast BEVERAGE
OPTIONS 1% MILK FAT-FREE
JUICE BOXES

ASSORTED FRUIT OFFERED DAILY

We aim to offer more scratch-cooked, locally
sourced and cleaner menu items to provide
nutrient dense options for our community. Thank
you,

john Costantino Food Service Director
costantino.john@marbleheadschoools.org

