


Ethos Classical 26/27 Breakfast K-8
Breakfast

Ethos Classical

Mon	Tue	Wed	Thu	Fri
8/31/2026	9/1/2026	9/2/2026	9/3/2026	9/4/2026
Breakfast Entrée Delicious Blueberry Muffin Cinnamon Toast Crunch Cereal Trix Cereal Cheerios Cereal	Breakfast Entrée Spicy Chicken Biscuit Twister Cinnamon Toast Crunch Cereal Trix Cereal Cheerios Cereal	Breakfast Entrée Cinnamon & Sugar Donut Holes Cinnamon Toast Crunch Cereal Trix Cereal Cheerios Cereal	Breakfast Entrée Banana Peach Smoothie Cinnamon Toast Crunch Cereal Trix Cereal Cheerios Cereal	Breakfast Entrée Scrambled Eggs w/ Cheese & Buttery Toast Cinnamon Toast Crunch Cereal Trix Cereal Cheerios Cereal
Fruit Fresh Apple 100% Fruit Punch Juice	Grain Golden Whole Grain Toast	Grain Whole Grain Honey Graham Crackers	Grain Golden Whole Grain Toast	Grain Whole Grain Honey Graham Crackers
Milk Fat Free Chocolate Milk Local 1% Low Fat White Milk Local	Fruit Fresh Orange 100% Apple Juice	Fruit Fresh Banana 100% Orange Juice	Fruit Fresh Orange Strawberry Craisins	Fruit Fresh Apple 100% Fruit Punch Juice
	Milk Fat Free Chocolate Milk Local 1% Low Fat White Milk Local	Milk Fat Free Chocolate Milk Local 1% Low Fat White Milk Local	Milk Fat Free Chocolate Milk Local 1% Low Fat White Milk Local	Milk Fat Free Chocolate Milk Local 1% Low Fat White Milk Local
9/7/2026	9/8/2026	9/9/2026	9/10/2026	9/11/2026
	Breakfast Entrée Apple Crisp Overnight Oats Cinnamon Toast Crunch Cereal Trix Cereal Honey Cheerios Cereal	Breakfast Entrée Savory Biscuit & Gravy Cinnamon Toast Crunch Cereal Trix Cereal Honey Cheerios Cereal	Breakfast Entrée Berry Scone Cinnamon Toast Crunch Cereal Trix Cereal Honey Cheerios Cereal	Breakfast Entrée Creamy Grits & Turkey Sausage Cinnamon Toast Crunch Cereal Trix Cereal Honey Cheerios Cereal
	Grain Golden Whole Grain Toast	Grain Whole Grain Honey Graham Crackers	Grain Golden Whole Grain Toast	Grain Whole Grain Honey Graham Crackers
	Fruit Fresh Banana 100% Orange Juice	Fruit Fresh Apple 100% Fruit Punch Juice	Fruit Fresh Banana 100% Orange Juice	Fruit Fresh Orange 100% Apple Juice
	Milk 1% Low Fat White Milk Local Fat Free Chocolate Milk Local	Milk 1% Low Fat White Milk Local Fat Free Chocolate Milk Local	Milk 1% Low Fat White Milk Local Fat Free Chocolate Milk Local	Milk 1% Low Fat White Milk Local Fat Free Chocolate Milk Local



Mon	Tue	Wed	Thu	Fri
9/14/2026	9/15/2026	9/16/2026	9/17/2026	9/18/2026
Breakfast Entrée Turkey Ham & Cheese Biscuit Sandwich Cinnamon Toast Crunch Cereal Cocoa Puffs Cereal Lucky Charms Cereal Fruit Fresh Apple 100% Fruit Punch Juice Milk 1% Low Fat White Milk Local Fat Free Chocolate Milk Local	Breakfast Entrée Early Riser Stuffed Hash Brown Cinnamon Toast Crunch Cereal Cocoa Puffs Cereal Lucky Charms Cereal Grain Golden Whole Grain Toast Fruit Fresh Orange 100% Apple Juice Milk 1% Low Fat White Milk Local Fat Free Chocolate Milk Local Misc Jelly Packet	Breakfast Entrée Fluffy Pancakes Cinnamon Toast Crunch Cereal Cocoa Puffs Cereal Lucky Charms Cereal Grain Whole Grain Honey Graham Crackers Fruit Fresh Apple 100% Orange Juice Milk 1% Low Fat White Milk Local Fat Free Chocolate Milk Local Misc Maple Syrup Cup	Breakfast Entrée Maple Pigs in a Blanket Cinnamon Toast Crunch Cereal Cocoa Puffs Cereal Lucky Charms Cereal Grain Golden Whole Grain Toast Fruit Fresh Orange 100% Fruit Punch Juice Milk 1% Low Fat White Milk Local Fat Free Chocolate Milk Local	Breakfast Entrée Turkey Sausage & Cheese Cinnamon Roll Sandwich Cinnamon Toast Crunch Cereal Cocoa Puffs Cereal Lucky Charms Cereal Grain Whole Grain Honey Graham Crackers Fruit 100% Apple Juice Fresh Banana Milk 1% Low Fat White Milk Local Fat Free Chocolate Milk Local
9/21/2026	9/22/2026	9/23/2026	9/24/2026	9/25/2026
Breakfast Entrée Cinnamon Apple Toast Crunch Parfait Cinnamon Toast Crunch Cereal Cocoa Puffs Cereal Frosted Corn Flakes Cereal Fruit Fresh Banana 100% Orange Juice Milk Fat Free Chocolate Milk Local 1% Low Fat White Milk Local	Breakfast Entrée Cheesy Grits w/Sausage & Toast Cinnamon Toast Crunch Cereal Cocoa Puffs Cereal Frosted Corn Flakes Cereal Grain Golden Whole Grain Toast Fruit Fresh Apple 100% Fruit Punch Juice Milk 1% Low Fat White Milk Local Fat Free Chocolate Milk Local	Breakfast Entrée Homemade Hawaiian Roll Ham & Cheese Kolache Cinnamon Toast Crunch Cereal Cocoa Puffs Cereal Frosted Corn Flakes Cereal Grain Whole Grain Honey Graham Crackers Fruit 100% Apple Juice Fresh Orange Milk Fat Free Chocolate Milk Local 1% Low Fat White Milk Local	Breakfast Entrée Scratch-Made French Toast Casserole Cinnamon Toast Crunch Cereal Cocoa Puffs Cereal Frosted Corn Flakes Cereal Grain Golden Whole Grain Toast Fruit Fresh Apple 100% Fruit Punch Juice Milk Fat Free Chocolate Milk Local 1% Low Fat White Milk Local Misc Maple Syrup Cup	Breakfast Entrée Honey Chicken Biscuit Cinnamon Toast Crunch Cereal Cocoa Puffs Cereal Frosted Corn Flakes Cereal Grain Whole Grain Honey Graham Crackers Fruit Fresh Banana 100% Orange Juice Milk Fat Free Chocolate Milk Local 1% Low Fat White Milk Local



Mon	Tue	Wed	Thu	Fri
9/28/2026	9/29/2026	9/30/2026	10/1/2026	10/2/2026
Breakfast Entrée Delicious Blueberry Muffin Cinnamon Toast Crunch Cereal Trix Cereal Cheerios Cereal	Breakfast Entrée Spicy Chicken Biscuit Twister Cinnamon Toast Crunch Cereal Trix Cereal Cheerios Cereal	Breakfast Entrée Cinnamon & Sugar Donut Holes Cinnamon Toast Crunch Cereal Trix Cereal Cheerios Cereal	Breakfast Entrée Banana Peach Smoothie Cinnamon Toast Crunch Cereal Trix Cereal Cheerios Cereal	Breakfast Entrée Scrambled Eggs w/ Cheese & Buttery Toast Cinnamon Toast Crunch Cereal Trix Cereal Cheerios Cereal
Fruit Fresh Apple 100% Fruit Punch Juice	Grain Golden Whole Grain Toast	Grain Whole Grain Honey Graham Crackers	Grain Golden Whole Grain Toast	Grain Whole Grain Honey Graham Crackers
Milk Fat Free Chocolate Milk Local 1% Low Fat White Milk Local	Fruit Fresh Orange 100% Apple Juice	Fruit Fresh Banana 100% Orange Juice	Fruit Fresh Orange Strawberry Craisins	Fruit Fresh Apple 100% Fruit Punch Juice
	Milk Fat Free Chocolate Milk Local 1% Low Fat White Milk Local	Milk Fat Free Chocolate Milk Local 1% Low Fat White Milk Local	Milk Fat Free Chocolate Milk Local 1% Low Fat White Milk Local	Milk Fat Free Chocolate Milk Local 1% Low Fat White Milk Local

FILTERS	
Name(s)	Value(s)
Date Range	(Start = 8/30/2026, End = 10/3/2026)
Menu Plan	(Ethos Classical 26/27 Breakfast K-8)