

OCTOBER 2026

Jeffers High School Breakfast Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

News

1 Breakfast Pizza
Fruit
Milk

2 Cinnamon French
toast
Bacon
Fruit
Juice & Milk

5 Donut
Fruit
Juice
Milk

6 Breakfast Bowls
Fruit
Milk

7 Banana Bread
Fruit
Juice
Milk

8 Homemade
Cinnamon Rolls
Fruit
Milk

9 No
School

12 Blueberry Bread
Fruit
Juice
Milk

13 Egg Bake
Fruit
Milk

14 Cereal
Fruit
Juice
Milk

15 Waffles
w/strawberries
Fruit
Milk

16 Muffins
Fruit
Juice
Milk

19 Breakfast Sandwich
Fruit
Juice
Milk

20 Jeffers Hash
Fruit
Milk

21 Strudel Bites
Fruit
Juice
Milk

22 Breakfast Burrito
Fruit
Milk

23 Apple/Raspberry
French toast
Sausage

26 Blueberry Oatmeal
Bake
Fruit
Juice
Milk

27 Cereal
Fruit
Milk

28 Homemade
Cinnamon Rolls
Fruit
Juice
Milk

29 Omelets
Fruit
Milk

30 Pop tarts
Fruit
Juice
Milk