

HELUS BREAKFAST 2025/2026

Served the week of:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08/18/25 09/22/25 10/27/54 12/08/25 02/02/26 03/09/26 04/20/26 05/25/26	Cheesy Bacon & Egg Burrito w/ Peppers & Onions Or Cereal Fresh Fruit Fruit Juice	Chicken Biscuit Or Cereal Fruit Cup Fruit Juice	Yogurt Parfait Or Cereal Fresh Fruit Fruit Juice	Cowgirl Muffin W/Compote Or Cereal Fruit Cup Fruit Juice	Handmade Egg & Cheese Burrito Or Cereal Bar Fresh Fruit Fruit Juice
08/25/25 09/29/25 11/03/25 12/15/25 02/09/26 03/16/26 04/27/26 06/01/26	Fun & Fruity Waffle w/Compote Or Cereal Fresh Fruit Fruit Juice	Maple Pancake Sausage Sandwich Or Cereal Fruit Cup Fruit Juice	Cinnamon Bun Or Cereal Fresh Fruit Fruit Juice	Egg, Sausage, Potato & Cheese Burrito w/ peppers & Onions Or Cereal Fruit Cup Fruit Juice	Yogurt Parfait Or Cereal Bar Fresh Fruit Fruit Juice
09/01/25 10/06/25 11/10/25 01/12/26 02/16/26 03/30/26 05/04/26 06/08/26	Yogurt Parfait Or Cereal Fresh Fruit Fruit Juice	French Toast Or Cereal Fruit Cup Fruit Juice	Egg, Sausage & Cheese Burrito w/Peppers & Onions Or Cereal Fresh Fruit Fruit Juice	Breakfast Bagel Pizza Or Cereal Fruit Cup Fruit Juice	Handmade Egg, Cheese & Bacon Burrito w Grilled Onions & Peppers Or Cereal Bar Fresh Fruit Fruit Juice
09/08/25 10/13/25 11/17/25 01/19/26 02/23/26 04/06/26 05/11/26	Fun & Fruity Waffle w/Compote Or Cereal Fresh Fruit Fruit Juice	Chicken Biscuit Or Cereal Fruit Cup Fruit Juice	Egg, Cheese and Sausage Burrito w/ Peppers & Onions Or Cereal Fresh Fruit Fruit Juice	Cowgirl Muffin W/Compote Or Cereal Fruit Cup Fruit Juice	Yogurt Parfait Or Cereal Bar Fresh Fruit Fruit Juice
09/15/25 10/20/25 12/01/25 01/26/26 03/02/26 04/13/26 05/18/26	Yogurt Parfait Or Cereal Fresh Fruit Fruit Juice	French Toast w/Compote Or Cereal Fruit Cup Fruit Juice	Choco Crisp Waffle w/Compote Or Cereal Fruit Juice Fresh Fruit	Cranberry Orange Scone w/ Fruit Compote Or Cereal Fruit Cup Fruit Juice	Ham Egg & Cheese Breakfast Sandwich Or Cereal Bar Fresh Fruit Fruit Juice

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1. **Mail:** U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C. 20250-9410;
2. **Fax:** (202) 690-7442; or
3. **Email:** program.intake@usda.gov.

Food Services is happy to welcome students back for the 2025-2026 school year! Under USDA guidelines, all meals are provided to students at NO-CHARGE.

Our menus reflect guidelines as much as preference and taste! Food Services offers Students two entrée choices each day to select from in addition to their daily side items. Our menus bring the best of whole grains, lean proteins and those important fruits and vegetables that help students learn and grow. Please visit our website for more information at avfood.org.

MENU IS SUBJECT TO CHANGE
USDA is an equal opportunity provider, employer, and lender.

