



St. Johns County School District Food and Nutrition Services

Fueling Students for Success

Headstart Breakfast Menu

October 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				October 1	October 2
Entrée				Egg & Cheese Biscuit	Assorted Cereal and Toast
Vegetables & Fruit				Apple or Orange 100% Fruit Juice	Assorted Fruit
	October 5	October 6	October 7	October 8	October 9
Entrée	Assorted Cereal and Toast	Eggstravaganza and Toast	French Toast Sticks	Egg & Cheese Biscuit	Assorted Cereal and Toast
Vegetables & Fruit	Assorted Fruit	Apple or Orange 100% Fruit Juice	Assorted Fruit Crispy Tater Tots	Apple or Orange 100% Fruit Juice	Assorted Fruit
	October 12	October 13	October 14	October 15	October 16
Entrée		Eggstravaganza and Toast	French Toast Sticks	Egg & Cheese Biscuit	Assorted Cereal and Toast
Vegetables & Fruit		Apple or Orange 100% Fruit Juice	Assorted Fruit Crispy Tater Tots	Apple or Orange 100% Fruit Juice	Assorted Fruit
	October 19	October 20	October 21	October 22	October 23
Entrée	Assorted Cereal and Toast	Eggstravaganza and Toast	French Toast Sticks	Egg & Cheese Biscuit	Assorted Cereal and Toast
Vegetables & Fruit	Assorted Fruit	Apple or Orange 100% Fruit Juice	Assorted Fruit Crispy Tater Tots	Apple or Orange 100% Fruit Juice	Assorted Fruit
	October 26	October 27	October 28	October 29	October 30
Entrée	Assorted Cereal and Toast	Eggstravaganza and Toast	French Toast Sticks	Egg & Cheese Biscuit	Assorted Cereal and Toast
Vegetables & Fruit	Assorted Fruit	Apple or Orange 100% Fruit Juice	Assorted Fruit Crispy Tater Tots	Apple or Orange 100% Fruit Juice	Assorted Fruit

Choice of low fat plain or fat-free plain or flavored milk with every meal. Choice of 100% juice may include Apple, Grape, Orange, and Tropical Punch. Assorted cereals include a choice of reduced sugar varieties: Trix, Apple Cinnamon Cheerios, Frosted Corn Flakes, Cinnamon Chex, Cinnamon Toast Crunch, Cocoa Puffs, Lucky Charms.

This institution is an equal opportunity provider.