

BREAKFAST

October 2025

Xavier High School

Breakfast Fact

MyPlate recommends:

Start with breakfast. Eat a breakfast that helps you meet your food group needs. People who skip breakfast often weigh more. Eating a nutrient-dense breakfast may help you lose weight and keep it off.

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov/>.



* **monday**

* **tuesday**

* **wednesday**

* **thursday**

* **friday**

This institution is an equal opportunity provider.
Menu is subject to change.

Bacon & Egg Pizza or Cereal, Juice and/or fruit, Milk **1**

Bacon & Egg Croissant or Cereal, Juice and/or fruit, Milk **2**

WG Cinnamon roll or Cereal, Juice and/or fruit, Milk **3**

Pancake Sausage on a Stick or Cereal, Juice and/or fruit, Milk **6**

Sausage & Egg Croissant or Cereal, Juice and/or fruit, Milk **7**

Bacon & Egg Pizza or Cereal, Juice and/or fruit, Milk **8**

Bacon & Egg Croissant or Cereal, Juice and/or fruit, Milk **9**

WG Cinnamon roll or Cereal, Juice and/or fruit, Milk **10**

Pancake Sausage on a Stick or Cereal, Juice and/or fruit, Milk **13**

Sausage & Egg Croissant or Cereal, Juice and/or fruit, Milk **14**

Bacon & Egg Pizza or Cereal, Juice and/or fruit, Milk **15**

Bacon & Egg Croissant or Cereal, Juice and/or fruit, Milk **16**

No School Staff Learning **17**

Pancake Sausage on a Stick or Cereal, Juice and/or fruit, Milk **20**

Sausage & Egg Croissant or Cereal, Juice and/or fruit, Milk **21**

Bacon & Egg Pizza or Cereal, Juice and/or fruit, Milk **22**

Bacon & Egg Croissant or Cereal, Juice and/or fruit, Milk **23**

WG Cinnamon roll or Cereal, Juice and/or fruit, Milk **24**

Pancake Sausage on a Stick or Cereal, Juice and/or fruit, Milk **27**

Sausage & Egg Croissant or Cereal, Juice and/or fruit, Milk **28**

Bacon & Egg Pizza or Cereal, Juice and/or fruit, Milk **29**

Bacon & Egg Croissant or Cereal, Juice and/or fruit, Milk **30**

No School Staff Progress Reporting **31**