



BREAKFAST

SEPTEMBER 2025

Brainerd K-12 Menu

All Students in K-12 receive one free breakfast daily.

Applications for educational benefits can be filled out online or in person at any school.

Monday

Labor Day

1

Tuesday

Benefit Bar
String Cheese
Applesauce
Juice
Milk

2

Option 2: Cereal

Wednesday

Pop Tart
Yogurt
Pears
Juice
Milk

3

Option 2: Cereal

Thursday

Mini Cinni Bagel
String Cheese
Peaches
Juice
Milk

4

Option 2: Cereal

Friday

Muffin
Yogurt
Mixed Fruit
Juice
Milk

5

Option 2: Cereal

Smoothie
Nutrigrain Bar
Fruit Cup
Juice
Milk

8

Option 2: Cereal

Cinnamon Toast
Hard Boiled Egg
Banana
Juice
Milk

9

Option 2: Cereal

Breakfast Pizza
Peaches
Juice
Milk

10

Option 2: Cereal

Bagel
Cream Cheese or Jelly
Frozen Blueberries
Juice
Milk

11

Option 2: Cereal

Breakfast Combo Bar (2)
Pears
Juice
Milk

12

Option 2: Cereal

Frudel
Applesauce
Peaches
Yogurt
Milk

15

Option 2: Cereal

Omelet
Sausage Link
Cherry Star Juice
Raisins
Milk

16

Option 2: Cereal

Pancake on a Stick
Whole Apple or 2 bags of sliced apples
String Cheese
Milk

17

Option 2: Cereal

Donut
Variety 1 Cup Fruit
Yogurt
Milk

18

Option 2: Cereal

Cheese Egg Bites (2)
Tri Tater
Orange Wedges
Milk

19

Option 2: Cereal

Cereal Bowl- Variety- low sugar
String Cheese
Variety Fruit
Juice
Milk

22

French Toast Stick
Sausage Link
Oranges
Juice
Milk

23

Option 2: Cereal

Banana Split Parfait!
Nutrigrain Bar
Juice
Milk

24

Option 2: Cereal

Mini Pancakes
Cottage Cheese
Variety Fruit (1 Cup)
Milk

25

Option 2: Cereal

Egg and Cheese Sandwich
Peaches & Pears
Milk

26

Option 2: Cereal

Benefit Bar
String Cheese
Applesauce
Juice
Milk

29

Option 2: Cereal

Breakfast Pizza
Frozen Fruit Cup
Juice
Milk

30

Option 2: Cereal

All grain items are whole grain rich. Cereal and yogurt served have less than 6g of sugar per serving. Juice is 100% fruit juice and meets "Buy American" clause.

Trix Yogurt: Gelatin, artificial color and HF corn syrup free. **GF Cereal Options:** Lucky Charms, Crispy Rice, Cheerios. **Sausage items contain:** Pork

All schools participate in Offer V Serve: Students must take 3 out of 5 components to receive a full free meal.

Low Sugar Cereal available daily as a main entrée alternate. Special Diets available upon request.

Equal Opportunity Provider.