



BREAKFAST

OCTOBER 2025

Sequoyah Elementary School

PK – 5th

Monday

Tuesday

Wednesday

Thursday

Friday

Warm Muffin
Or Cereal
Strawberries
Juice

Fruit Smoothie & Grahams
Or Egg & Cheese Biscuit
Peaches
Juice

Egg Omelet
Cinnamon Toast
Applesauce Cup
Juice

Parfait & Granola
Breakfast Bites
Pears
Juice

Biscuit & Gravy
Or Cereal
Sausage Patty
Assorted Fruit
Juice

Banana Bread
Or Cereal
Sausage
Peaches
Juice

Fruit Smoothie & Grahams
Or Biscuit & Gravy
Assorted Fruit
Juice

Frudel or
Biscuit & Gravy
Sausage
Pears
Juice

Parfait & Granola
Or Breakfast Pizza
Blueberries
Juice

Biscuit & Gravy
Or Cereal
Sausage
Apples
Juice

Cereal or
Biscuit & Gravy
Sausage
Pears
Juice

Fruit Smoothie & Grahams
Or Breakfast Pizza
Applesauce
Juice

Donut or
Biscuit & Gravy
Sausage
Fresh Fruit
Juice

Parfait & Granola
French Toast Sticks
Peaches
Juice
Milk

Pancake Egg Taco
Or Cereal
Assorted Fruit
Juice

Warm Frudel or
Biscuit & Gravy
Applesauce
Juice

Fruit Smoothie & Grahams
Or Breakfast Bites
Peaches
Juice

Biscuit & Gravy
Or Warm Muffin
Pineapple
Juice

Parfait & Granola
Cinnamon Toast
Egg Omelet
Strawberries
Juice

Cereal or
Biscuit & Gravy
Sausage
Pears
Juice

No School

Fall Break

Menus subject to change.

Variety of Milk Served Daily.

This institution is an equal opportunity provider.

To make an online payment or to fill out a Free & Reduced Meal form log onto Sequoyah Sylogist (Gradebook/Parent Portal) at

<https://oked.sylogist.com/Sequoyah>

