



BREAKFAST

AUGUST 2026

PAL Charter Academy

AUGUST 3 - AUGUST 31



Monday



3

BANANA BREAD
FRESH FRUIT
FRUIT JUICE
ORGANIC LOW FAT MILK
SOY/NUT MILK ALTERNATIVE

10

WHOLE GRAIN CEREAL
FRESH FRUIT
FRUIT JUICE
ORGANIC LOW FAT MILK
SOY/NUT MILK ALTERNATIVE

17

BANANA BREAD
FRESH FRUIT
FRUIT JUICE
ORGANIC LOW FAT MILK
SOY/NUT MILK ALTERNATIVE

24

BANANA BREAD
FRESH FRUIT
FRUIT JUICE
ORGANIC LOW FAT MILK
SOY/NUT MILK ALTERNATIVE

31

Tuesday



4

BAGELS & CREAM CHEESE
FRESH FRUIT
FRUIT JUICE
ORGANIC LOW FAT MILK
SOY/NUT MILK ALTERNATIVE

11

BLUEBERRY PANCAKES
FRESH FRUIT
FRUIT JUICE
ORGANIC LOW FAT MILK
SOY/NUT MILK ALTERNATIVE

18

WHOLE GRAIN CEREAL
FRESH FRUIT
FRUIT JUICE
ORGANIC LOW FAT MILK
SOY/NUT MILK ALTERNATIVE

25

Wednesday



5

CINNAMON CRUMBLE
BREAKFAST CAKE
FRESH FRUIT
FRUIT JUICE
ORGANIC LOW FAT MILK
SOY/NUT MILK ALTERNATIVE

12

WHOLE GRAIN CEREAL
FRESH FRUIT
FRUIT JUICE
ORGANIC LOW FAT MILK
SOY/NUT MILK ALTERNATIVE

19

MUFFINS
FRESH FRUIT
FRUIT JUICE
ORGANIC LOW FAT MILK
SOY/NUT MILK ALTERNATIVE

26

Thursday



6

WHOLE GRAIN CEREAL
FRESH FRUIT
FRUIT JUICE
ORGANIC LOW FAT MILK
SOY/NUT MILK ALTERNATIVE

13

YOGURT BOWL W/ FRUIT &
GRANOLA
FRESH FRUIT
FRUIT JUICE
ORGANIC LOW FAT MILK
SOY/NUT MILK ALTERNATIVE

20

CINNAMON ROLLS & SAUSAGE
FRESH FRUIT
FRUIT JUICE
ORGANIC LOW FAT MILK
SOY/NUT MILK ALTERNATIVE

27

Friday



7



14



21



28



This Institution is an equal opportunity provider.
All grains offered are Whole Grain Rich

(V)- Vegetarian (DF) - Dairy Free

Choice of Organic Low Fat Milk or Soy Milk is offered daily

Menu items are subject to change based on product availability