

Seminole Academy Breakfast Menu

October 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Blueberry Chex Cereal Orange 100% Fruit Juice Milk Choice Count Day!	Ultimate Breakfast Round Banana 100% Strawberry Kiwi Juice Milk Choice	Mini Confetti Pancakes Raisins 100% Orange Juice Milk Choice
		1	2	3
Cinnamon Chex Cereal Applesauce Cup 100% Orange Juice Milk Choice 6	Blueberry BelVita Biscuit Craisins 100% Apple Juice Milk Choice 7	Coco Puffs Cereal Giant Goldfish Apple Milk Choice Late Start 8	String Cheese WG Tiger Bites Banana Milk Choice Half Day 9	Cheerios Cereal WG Graham Cracker Mixed Fruit Cup Milk Choice Half Day 10
Corn Chex Cereal Orange 100% Apple Juice Milk Choice 13	Apple Cinnamon Muffin WG Tiger Bites Apple Milk Choice 14	Frosted Flakes Cereal WG Graham Cracker Craisins Milk Choice 15	Yogurt WG Giant Goldfish Banana Milk Choice 16	No School 17
No School 20	Trix Cereal Pineapple Cup 100% Fruit Juice Milk Choice 21	Bagel w/Cream Cheese WG Giant Goldfish Apple Milk Choice Late Start 22	Cinnamon Toast Crunch Cereal Banana 100% Orange Juice Milk Choice 23	Mini Maple Waffles Orange 100% Apple Juice Milk Choice 24
Strawberry Cheerios Cereal Bar Giant Goldfish Apple Milk Choice 27	Maple Waffle Applesauce Cup 100% Fruit Juice Milk Choice 28	Golden Grahams Cereal WG Tiger Bites Apple Milk Choice 29	Strawberry Banana Yogurt Banana 100% Orange Juice Milk Choice 30	Blueberry BelVita Biscuit Diced Pear Cup 100% Strawberry Kiwi Juice Milk Choice Half Day 31



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Contact your Food Service Director,
Renee Frederick, at (313) 269-7108
or email FrederickR@mtcps.org
for questions or comments.

We are a 10 Cents a Meal grantee, and we purchase
Michigan-grown products.

****Menu Subject to Change****

"or;" = An alternative selection to choose.
"WG" = Whole Grain 1% White & 1% Chocolate
Milk available daily.

Daily Produce Bar with rotating fruits and
vegetables. An alternative meal is available.