



# OCTOBER 2025

## Breakfast Menu

BRIDGE PREP  
ACADEMY  
CHARTER SCHOOL

DAILY ALTERNATE OPTIONS BREAKFAST GOOD TO GO BELOW

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Available Daily**  
**A Good to Go**

Includes choice of Cold Entrée, choice of fruit, juice, and milk.

**Daily Cold Entrée Offerings:**  
Cereal, Graham Honey Cracker

1



**Blueberry Muffin**

Banana  
Apple Juice  
Milk

2



3



**Breakfast Nachos**

Orange  
Grape Juice  
Milk

6



**Donut Rings WG**

Apple  
Orange Juice  
Milk

7

**Turkey Sausage Biscuit**

Orange  
Grape Juice  
Milk

8



**Frosted Cinnamon Roll**

Banana  
Apple Juice  
Milk

9

**Turkey Sausage Egg & Cheese Pancake Sandwich**

Apple  
Orange Juice  
Milk

10



**Bagel Bento Box**

Orange  
Grape Juice  
Milk

13



**Jump Start Platter Waffles, Scramble Eggs & Cheese**

Apple  
Orange Juice  
Milk

14

**Homestyle Pancakes WG & Cheesy Eggs**

Orange  
Grape Juice  
Milk

15

**Chocolate Chip Muffin**

Banana  
Apple Juice  
Milk

16

**Egg & Turkey Sausage Waffle Sandwich**

Apple  
Orange Juice  
Milk

17



**Strawberry Yogurt Parfait**

Orange  
Grape Juice  
Milk

20

**Turkey Sausage & Cheese Toaster**

Apple  
Orange Juice  
Milk

21

**Turkey Sausage Biscuit**

Orange  
Grape Juice  
Milk

22



**Frosted Cinnamon Roll**

Banana  
Apple Juice  
Milk

23

**Turkey Sausage Egg & Cheese Pancake Sandwich**

Apple  
Orange Juice  
Milk

24



**Strawberry Yogurt Parfait**

Orange  
Grape Juice  
Milk

27



**Jump Start Platter Flapjacks & Scramble Eggs**

Apple  
Orange Juice  
Milk

28

**Bagel Breakfast Sandwich Egg & Cheese**

Orange  
Grape Juice  
Milk

29

**Blueberry Muffin**

Banana  
Apple Juice  
Milk

30

**Egg & Turkey Sausage Waffle Sandwich**

Apple  
Orange Juice  
Milk

31

**Breakfast Nachos**

Orange  
Grape Juice  
Milk



BeWell Healthy Choice



Vegetarian (Ovo-Lacto)



Local: Beef to School

This institution is an equal opportunity provider

ELIOR NORTH AMERICA

\*\*\*MENU SUBJECT TO CHANGE\*\*\*

For questions and comments, please email the Food Service Director Jorge Santiago at [Jorge.santiago@elior-nacom](mailto:Jorge.santiago@elior-nacom) or call 786-597-3444






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## BRIDGE PREP CHARTER SCHOOL

### LUNCH MENU

TO MAKE IT A MEAL, SELECT UP TO 2 FRUITS AND/OR VEGETABLES AND CHOICE OF MILK.

See any server for details and assistance. Milk varieties include 1% low fat and fat-free choices.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>SPICEOLOGY</b></p> <p>Elior experiments with flavor on the menu with the use of Spiceology Salt-Free blends.</p>	 <p><b>BeWell</b></p> <p>Mediterranean Sweet Potato</p>	<p>1 <b>Orange Chicken w/ 5 Spice Rice</b> Steamed Broccoli Celery Sticks Watermelon/Banana</p>	 <p>No School</p>	<p>3 <b>Pepperoni Pizza</b></p> <p>Italian Corn Garden Salad Pineapple Tidbits/Orange</p>
<p>6 <b>Breakfast for Lunch</b> Tater Tots Sliced Cucumbers Diced Pears/Apple</p>	<p>7 <b>Penne Pasta Alfredo w/ Dinner Roll</b> Sliced Seasoned Carrots Broccoli Florets Diced Peaches/Apple</p>	<p>8 <b>Teriyaki Meatballs w/ 5 Spice Rice</b> Stir Fry Vegetables Broccoli Florets Watermelon/Banana</p>	<p>9 <b>Chimichurri Chicken w/ Tortilla chip</b> Black Beans Baby Carrots Diced Peaches/Apple</p>	<p>10 <b>Cheesy Stuffed Breadsticks with Marinara</b> Herbed Tomatoes Garden Salad Pineapple Tidbits/Orange</p>
<p>13 <b>Macaroni &amp; Cheese w/ Dinner Roll</b> Garden Side Salad Sliced Cucumber Diced Pears/Apple</p>	<p>14 <b>Beef or Vegetarian Nacho Bar</b> Pinto Beans Tortilla Chips Diced Peaches/Orange</p>	<p>15 <b>Chicken Teriyaki Rice Bowl</b> Garlic Broccoli Celery Sticks Mandarin Orange/Banana</p>	<p>16 <b>Walking Beef Taco w/ Doritos</b> Seasoned Green Beans Baby Carrots Diced Peaches/Apple</p>	<p>17 <b>Pepperoni Pizza</b> Herbed Tomatoes Garden Salad Pineapple Tidbits /Orange</p>
<p>20 <b>Breakfast for Lunch</b> Tater Tots Sliced Cucumbers Diced Pears/Apple</p>	<p>21 <b>Macaroni &amp; Cheese w/ Dinner Roll</b> Sliced Seasoned Carrots Broccoli Florets Diced Peaches/Apple</p>	<p>22 <b>Sweet &amp; Sour Meatballs w/ 5 Spice Rice</b> Stir Fry Vegetables Broccoli Florets Watermelon/Banana</p>	<p>23 <b>Mojo Chicken w/ Cilantro Rice</b> Really Ranch Pinto Beans Baby Carrots Diced Peaches/Apple</p>	<p>24 <b>Cheesy Stuffed Breadsticks with Marinara</b> Baked French fries Herbed Tomatoes Pineapple Tidbits/Orange</p>
<p>27 <b>Macaroni &amp; Cheese w/ Dinner Roll</b> Garden Side Salad Sliced Cucumber Diced Pears/Apple</p>	<p>28 <b>Beef or Vegetarian Nacho Bar</b> Black Beans Tortilla Chips Diced Peaches/Orange</p>	<p>29 <b>Orange Chicken w/ 5 Spice Rice</b> Steamed Broccoli Celery Sticks Watermelon/Banana</p>	<p>30 <b>Rotini &amp; Meat Sauce w/ Dinner Roll</b> Seasoned Green Beans Baby Carrots Diced Peaches/Apple</p>	<p>31 <b>Pepperoni Pizza</b> Italian Corn Garden Salad Pineapple Tidbits/Orange</p>

#### Deli Sandwiches & Entre Salads

**M:** Turkey Cheese Deluxe Hoagie

**Tu:** Southwest Chicken Salad

**W:** Chicken Caesar Wrap

**Th:** Cobb Chicken Salad

**Fr:** Chicken Taco Salad

BeWell Healthy Choice menu options

Vegetarian, Ovo-Lacto ; May Contain Eggs and Milk

\* All menu items meet whole grain rich menu requirements

May be subject to amendment to reflect updated federal and state regulations.

\*\*\*MENU SUBJECT TO CHANGE\*\*\*

This institution is an equal opportunity provider. Please notify your manager if you have any special dietary needs. Please inform the server of any major food allergy you may have before placing an order. When necessary, we will make an appropriate recommendation or substitution.


ELIOR

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## BRIDGE PREP CHARTER SCHOOL SNACK MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Yogurt Strawberry Danimal  Cracker Graham Cinnamon	2 	3 RF Nachos Cheese Doritos  Apple Red Delicious
6 RF Cool Ranch Doritos  Apple Red Delicious	7 WG Blueberry Muffin  Milk	8 Yogurt Strawberry Danimal  Graham Cracker Cinnamon	9 Harvest Cheddar Sun Chip  Mozzarella String Cheese	10 WG Crunchy Baked Cheetos  Apple Red Delicious
13 WG Frito Corn Chip  Apple Red Delicious	14 WG Chocolate Chip Muffin  Milk	15 Yogurt Strawberry Danimal  Graham Cracker Cinnamon	16 WG Cracker Cheez it  Mozzarella String Cheese	17 RF Nacho Cheese Doritos  Apple Red Delicious
20 RF Cool Ranch Doritos  Apple Red Delicious	21 WG Blueberry Muffin  Milk	22 Yogurt Strawberry Danimal  Graham Cracker Cinnamon	23 Harvest Cheddar Sun Chip  Mozzarella String Cheese	24 WG Crunchy Baked Cheetos  Apple Red Delicious
27 WG Frito Corn Chip  Apple Red Delicious	28 WG Chocolate Chip Muffin  Milk	29 Yogurt Strawberry Danimal  Graham Cracker Cinnamon	30 WG Cracker Cheez it  Mozzarella String Cheese	31 RF Nacho Cheese Doritos  Apple Red Delicious

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Vegetarian, Ovo-Lacto ; May Contain Eggs and Milk  
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