

Park Lakes Elementary

Breakfast · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

5
Breaded Mini Chicken Fillet 111 cal
✓ Flavored Yogurt Cup 90 cal
✓ Breakfast Biscuit 106 cal
✓ Strawberry Nutrigrain Bar 150 cal
✓ Pears, Cup 70 cal
✓ Orange Juice 90 cal

6
Mini Waffles 179 cal
✓ Yogurt Parfait w/ Blueberry 222 cal
✓ Breakfast Biscuit 106 cal
✓ Chilled Mixed Fruit 62 cal
✓ Applesauce Cup 50 cal

7
Breakfast, Egg Patty & Cheese on a Croissant 197 cal
✓ Flavored Yogurt Cup 90 cal
✓ Croissant Roll 111 cal
✓ Chilled Peaches 63 cal
✓ Fresh Banana (Ripe) 161 cal

1
Cinnamon French Toast Sticks 254 cal
✓ Flavored Yogurt Cup 90 cal
✓ Yogurt Parfait w/ Fruit Mix 273 cal
✓ Breakfast Biscuit 106 cal
✓ Pineapple Tidbits Cup 60 cal

2
Breakfast, Cheese Omelet 110 cal
✓ Pop Tart & Cheese 268 cal
✓ Croissant Roll 111 cal
✓ Deli Roasted Potatoes 104 cal
✓ Fresh Apple Slices 29 cal

8
No menu published

9
No menu published

12
No menu published

13
Buttermilk Pancakes 147 cal
✓ Flavored Yogurt Cup 90 cal
✓ Honey Wheat Biscuit 101 cal
✓ Chilled Pears 63 cal
✓ Pears, Cup 70 cal
✓ Variety Juice 90 cal

14
Breakfast Pizza 180 cal
✓ Yogurt Parfait w/ Blueberry 222 cal
✓ Breakfast Biscuit 106 cal
✓ Chilled Mixed Fruit 62 cal
✓ Fresh Apples 68 cal

15
Cinnamon French Toast Sticks 254 cal
✓ Flavored Yogurt Cup 90 cal
✓ Breakfast Biscuit 106 cal
✓ Peach Cup 70 cal
✓ Fresh Banana (Ripe) 161 cal

16
Hard Boiled Egg 78 cal
✓ Pop Tart & Cheese 268 cal
✓ Breakfast Biscuit 106 cal
✓ Deli Roasted Potatoes 104 cal
✓ Fresh Sliced Orange 66 cal

19
Breaded Mini Chicken Fillet 111 cal
✓ Flavored Yogurt Cup 90 cal
✓ Breakfast Biscuit 106 cal
✓ Strawberry Nutrigrain Bar 150 cal
✓ Mandarin Oranges Cup 74 cal
✓ Apple Juice 90 cal

20
Guava Pastry Bites & Cheese Bites 272 cal
✓ Yogurt Parfait w/ Strawberry 228 cal
✓ Breakfast Biscuit 106 cal
✓ Chilled Mixed Fruit 62 cal
✓ Applesauce Cup 50 cal

21
Breakfast, Egg Patty & Cheese on a Croissant 197 cal
✓ Flavored Yogurt Cup 90 cal
✓ Croissant Roll 111 cal
✓ Chilled Peaches 63 cal
✓ Fresh Banana (Ripe) 161 cal

22
Cinnamon French Toast Sticks 254 cal
✓ Flavored Yogurt Cup 90 cal
✓ Breakfast Biscuit 106 cal
✓ Chilled Pears 63 cal
✓ Fresh Apple Slices 29 cal

23
Breakfast Bacon, Egg & Cheese Taco 190 cal
✓ Pop Tart & Cheese 268 cal
✓ Breakfast Biscuit 106 cal
✓ Baby Cakes Hash Browns 130 cal
✓ Fresh Mandarins 98 cal

26
Pork Sausage Patty 70 cal
✓ Flavored Yogurt Cup 90 cal
✓ Breakfast Biscuit 106 cal
✓ Strawberry Nutrigrain Bar 150 cal
✓ Peach Cup 70 cal
✓ Cinnamon Applesauce Cup 50 cal

27
Breakfast Chicken & Waffles 200 cal
✓ Yogurt Parfait w/ Strawberry 228 cal
✓ Breakfast Biscuit 106 cal
✓ Chilled Pears 63 cal
✓ Orange Juice 90 cal

28
Hard Boiled Egg 78 cal
✓ Flavored Yogurt Cup 90 cal
✓ Breakfast Biscuit 106 cal
✓ Breakfast Bagel 149 cal
✓ Chilled Mixed Fruit 62 cal
✓ Fresh Banana (Ripe) 161 cal

29
Cinnamon French Toast Sticks 254 cal
✓ Flavored Yogurt Cup 90 cal
✓ Breakfast Biscuit 106 cal
✓ Pineapple Tidbits Cup 60 cal

30
Breakfast, Cheese Omelet 110 cal
✓ Pop Tart & Cheese 268 cal
✓ Croissant Roll 111 cal
✓ Deli Roasted Potatoes 104 cal
✓ Fresh Mandarins 98 cal

Served every day

✓ Assorted Cereal · ✓ Milk