

Palm Lake Elementary School

Breakfast · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

- 5 Eggs, Bacon & Toast Platter** 230 cal
- Cereal Blueberry Chex Bowl 1 oz 111 cal
 - Frosted Corn Flakes Bowl 1 oz 111 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Rice Chex Gluten Free Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 160 cal
 - Trix Cereal Bar 1.42 oz 160 cal
 - Banana Sliced Bread 260 cal
 - WG Toast 90 cal
 - Blueberry Muffin Top 250 cal
 - Peach Cup 90 cal
 - Strawberry Cup 80 cal
 - Mixed Berry Fruit Cup 90 cal

- 6 Mozzarella Cheese Bites, 3 each** 340 cal
- WG Double Chocolate Muffin 170 cal
 - Cereal Blueberry Chex Bowl 1 oz 111 cal
 - Frosted Corn Flakes Bowl 1 oz 111 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Rice Chex Gluten Free Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 160 cal
 - Trix Cereal Bar 1.42 oz 160 cal
 - WG Toast 90 cal
 - Banana Sliced Bread 260 cal
 - Peach Cup 90 cal
 - Strawberry Cup 80 cal
 - Mixed Berry Fruit Cup 90 cal

- 7 Pancake Bites** 250 cal
- Cereal Blueberry Chex Bowl 1 oz 111 cal
 - Frosted Corn Flakes Bowl 1 oz 111 cal
 - Rice Chex Gluten Free Bowl 1 oz 110 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 160 cal
 - Trix Cereal Bar 1.42 oz 160 cal
 - WG Toast 90 cal
 - Banana, fresh 146 cal
 - Pineapple, Wedges Frozen 30 cal
 - Orange Wedges 76 cal

- 8 Power Box with Crackers (no yogurt)** 242 cal
- Blueberry Muffin Top 250 cal
 - Cereal Blueberry Chex Bowl 1 oz 111 cal
 - Frosted Corn Flakes Bowl 1 oz 111 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Rice Chex Gluten Free Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 160 cal
 - Trix Cereal Bar 1.42 oz 160 cal
 - WG Toast 90 cal
 - Apple Juice 60 cal
 - Fruit Juice Blend 60 cal
 - Tangelos, Fresh 47 cal
 - Banana, fresh 146 cal
 - Fresh Apple Slices 30 cal

- 9 Oatmeal** 190 cal
- Sweet Potato Swirl 138 cal
 - Cereal Blueberry Chex Bowl 1 oz 111 cal
 - Frosted Corn Flakes Bowl 1 oz 111 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Rice Chex Gluten Free Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 160 cal
 - Trix Cereal Bar 1.42 oz 160 cal
 - WG Toast 90 cal
 - Orange Wedges 76 cal
 - Golden Delicious Apple 75 cal
 - Mixed Berry Fruit Cup 90 cal
 - Fresh Apple Slices 30 cal

No menu published

- 13 Mozzarella Cheese Bites, 3 each** 340 cal
- WG Double Chocolate Muffin 200 cal
 - WG Toast 90 cal
 - Fresh Apple Slices 30 cal
 - Diced Pear Cup 70 cal

- 14 Scrambled Eggs with Cheese & Tater Tots Platter** 245 cal
- Nutrigrain Bar, Strawberry 150 cal
 - Trix Cereal Bar 1.42 oz 150 cal
 - Apple Juice 60 cal
 - Fresh Apple Slices 30 cal

- 15 Stuffed Hashbrown Potato** 245 cal
- Blueberry Muffin Top 250 cal
 - Trix Cereal Bar 1.42 oz 150 cal
 - Mixed Berry Fruit Cup 90 cal
 - Golden Delicious Apple 75 cal

- 16 Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon)** 384 cal
- Cereal Blueberry Chex Bowl 1 oz 120 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Fresh Apple Slices 30 cal
 - Apple Juice 60 cal

- 19 Eggs, Bacon & Toast Platter** 230 cal
- Banana Sliced Bread 260 cal
 - Cereal Blueberry Chex Bowl 1 oz 120 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Strawberry Cup 80 cal
 - Mixed Berry Fruit Cup 90 cal

- 20 Mozzarella Cheese Bites, 3 each** 340 cal
- WG Double Chocolate Muffin 200 cal
 - Mixed Berry Fruit Cup 90 cal
 - Apple Juice 60 cal

- 21 Pancake Bites** 250 cal
- Cereal Blueberry Chex Bowl 1 oz 120 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Banana, fresh 146 cal
 - Applesauce 4.5 oz 60 cal

- 22 Power Box with Crackers (no yogurt)** 242 cal
- Blueberry Muffin Top 250 cal
 - Apple Juice 60 cal
 - Strawberry Cup 80 cal

- 23 Swirl Raspberry** 130 cal
- Nutrigrain Bar, Strawberry 150 cal
 - Trix Cereal Bar 1.42 oz 150 cal
 - Golden Delicious Apple 75 cal
 - Mixed Berry Fruit Cup 90 cal

- 26 Banana Sliced Bread** 260 cal
- Cereal Blueberry Chex Bowl 1 oz 120 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Apple Juice 60 cal
 - Applesauce, Peach 4.5 oz 60 cal

- 27 Mozzarella Cheese Bites, 3 each** 340 cal
- WG Double Chocolate Muffin 200 cal
 - Peach Cup 90 cal
 - Strawberry Cup 80 cal

- 28 Scrambled Eggs with Cheese & Tater Tots Platter** 245 cal
- Nutrigrain Bar, Strawberry 150 cal
 - Trix Cereal Bar 1.42 oz 150 cal
 - Apple Juice 60 cal
 - Fresh Apple Slices 30 cal

- 29 Stuffed Hashbrown Potato** 245 cal
- Blueberry Muffin Top 250 cal

- 30 Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon)** 384 cal
- Cereal Blueberry Chex Bowl 1 oz 120 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 150 cal
 - Apple Juice 60 cal
 - Fresh Apple Slices 30 cal

Served every day

- Mozzarella Cheese Stick
- Assorted Milk