



Palm Beach County Public Schools

Bear Lakes Middle

Breakfast · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

5
🥞 Breakfast Burrito with Egg, Cheese, Sausage, and Potato 167 cal
🍏 Apple Cinnamon 310 cal
🥞 Texas Toast

6
🥞 Chicken Sausage Pancake Sandwich 161 cal
🍌 Assorted Poptart w/Cheese Stick 246 cal

7
🥞 Ham & Cheese on Hawaiian Bun 198 cal
🍌 Honey Wheat Donut 250 cal

8
🥞 French Toast Sticks "Grab & Go" 270 cal
🍌 French Toast Sticks 260 cal
🥞 Cinnamon Roll 240 cal

9
🥞 Chicken Biscuit 216 cal
🍌 Donut Sticks 249 cal

12
No menu published

13
🥞 Egg & Pepper Jack Cheese Croissant Sandwich 283 cal
🍌 Cinnamon Swirl Toast 80 cal

14
🥞 Egg, Cheese, Turkey Ham & Turkey Sausage Breakfast Bagel 230 cal
🍌 Blueberry Donut Bites 270 cal

15
🍌 Pumpkin Donut Holes 270 cal
🍌 Assorted Poptart w/Cheese Stick 246 cal

16
🥞 Cheese Omelet 120 cal
🍌 Croissant 111 cal
🍌 Donut Sticks 249 cal

19
🥞 Sausage & Cheese Breakfast Bagel 189 cal
🍏 Apple Cinnamon 310 cal
🥞 Texas Toast
🍌 Assorted Poptart w/Cheese Stick 246 cal

20
🥞 Pancake Sausage Wrap 190 cal
🥞 Cinnamon Roll 240 cal

21
🥞 French Toast Sticks "Grab & Go" 270 cal
🍌 French Toast Sticks 260 cal
🍌 Donut Sticks 249 cal

22
🥞 Sausage & Cheese Croissant 218 cal
🍌 Honey Wheat Donut 250 cal

23
🥞 Ham & Cheese on Hawaiian Bun 198 cal
🍌 Assorted Poptart w/Cheese Stick 246 cal

26
🥞 Breakfast Burrito with Egg, Cheese, Sausage, and Potato 167 cal
🍏 Mini Cinnamon 190 cal
🥞 Waffles

27
🥞 Chicken Biscuit 216 cal
🍌 Blueberry Donut Bites 270 cal

28
🥞 Cheese Omelet 120 cal
🍌 Croissant 111 cal
🍌 Donut Sticks 249 cal

29
🥞 Egg, Cheese, Turkey Ham & Turkey Sausage Breakfast Bagel 230 cal
🍌 Cinnamon Roll 240 cal

30
🥞 Chicken Sausage Pancake Sandwich 162 cal
🍌 Assorted Poptart w/Cheese Stick 246 cal

Served every day

🍌 Cereal · 🍌 or · 🍌 Breakfast Breaks · 🥞 Grape PB&J Sandwich · 🥞 Soybutter and Grape Sandwich · 🍌 Assorted Yogurt Cups · 🍌 offered with · 🍌 Graham Crackers

Menu data from Palm Beach County Public Schools, drawn by schoolmenuapp.com. Menu subject to change. Calories are per serving, as Palm Beach County Public Schools publishes them.

nutrislice