



Palm Beach County Public Schools

Ben Gamla Charter School

Breakfast · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

5 Mini Blueberry Pancakes

- Apple Cinnamon 210 cal
- Texas Toast 310 cal
- Breakfast Breaks 293 cal
- or
- Cereal 112 cal
- Assorted Yogurt Cups 80 cal

6 Mini Maple Chip Pancakes

- Assorted Poptarts with Mozz Stick 90 cal
- Breakfast Breaks 246 cal
- or
- Cereal 293 cal
- Assorted Yogurt Cups 112 cal
- 80 cal

7 Blueberry Muffin

- Honey Wheat Donut 118 cal
- Breakfast Breaks 250 cal
- or
- Cereal 293 cal
- Assorted Yogurt Cups 112 cal
- 80 cal

8 French Toast Sticks "Grab & Go"

- or 270 cal
- French Toast Sticks 260 cal
- Cinnamon Roll 240 cal
- Breakfast Breaks 293 cal
- Cereal 112 cal
- Assorted Yogurt Cups 80 cal

9 Cheddar Biscuit

- Donut Sticks 110 cal
- Breakfast Breaks 249 cal
- or
- Cereal 293 cal
- Assorted Yogurt Cups 112 cal
- 80 cal

No menu published

12 Cinnamon Swirl Toast

- Assorted Yogurt Cups 80 cal

13 Banana Bread

- Cereal 260 cal
- Breakfast Breaks 112 cal
- 293 cal

14 Pumpkin Donut Holes

- Assorted Yogurt Cups 270 cal
- 80 cal

15 Donut Sticks

- Cereal 249 cal
- Breakfast Breaks 112 cal
- 293 cal

19 Blueberry Muffin

- Cereal 118 cal
- Breakfast Breaks 112 cal
- 293 cal

20 Cinnamon Roll

- Assorted Yogurt Cups 240 cal
- 80 cal

21 Banana Bread

- Cereal 260 cal
- Breakfast Breaks 112 cal
- 293 cal

22 Honey Wheat Donut

- Assorted Yogurt Cups 250 cal
- 80 cal

23 Assorted Poptarts with Mozz Stick

- Cereal 246 cal
- Breakfast Breaks 112 cal
- 293 cal

26 Cinnamon Swirl Toast

- Cereal 80 cal
- Breakfast Breaks 112 cal
- 293 cal

27 Banana Bread

- Assorted Yogurt Cups 260 cal
- 80 cal

28 Donut Sticks

- Cereal 249 cal
- Breakfast Breaks 112 cal
- 293 cal

29 Cinnamon Roll

- Cereal 240 cal
- Breakfast Breaks 112 cal
- 293 cal

30 Assorted Poptarts with Mozz Stick

- Cereal 246 cal
- Breakfast Breaks 112 cal
- 293 cal

Served every day

☞ 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