



HEAD START BREAKFAST OCTOBER 2026

Boca Raton Elementary

Palm Beach County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

5
MINI BLUEBERRY
PANCAKES 210 cal
Assorted Fruit Cups 73 cal
or
Assorted Apple Sauce 53 cal

6
MINI MAPLE CHIP
PANCAKES 90 cal
Fresh Fruit 72 cal

7
CHOCOLATE CHIP MINI
LOAF 179 cal
Assorted Fruit Cups 73 cal
or
Assorted Apple Sauce 53 cal

8
FRENCH TOAST STICKS
"GRAB & GO" 270 cal
or
French Toast Sticks 260 cal
Fresh Fruit 72 cal

9
EGG BISCUIT
SANDWICH 219 cal
Assorted Fruit Cups 73 cal
or
Assorted Apple Sauce 53 cal

12
No menu published

13
EGG & CHEESE
CHEESE PANCAKE
SANDWICH 185 cal
Fresh Fruit 72 cal

14
BANANA MINI
LOAF 170 cal
Assorted Fruit Cups 73 cal
or
Assorted Apple Sauce 53 cal

15
CHEESE TOAST 99 cal
Fresh Fruit 72 cal

16
EGG CROISSANT
SANDWICH 171 cal
Assorted Fruit Cups 73 cal
or
Assorted Apple Sauce 53 cal

19
CONFETTI
PANCAKES 218 cal
Assorted Fruit Cups 73 cal
or
Assorted Apple Sauce 53 cal

20
CHEESE TOAST 99 cal
Fresh Fruit 72 cal

21
FRENCH TOAST STICKS
"GRAB & GO" 270 cal
or
French Toast Sticks 260 cal
Assorted Fruit Cups 73 cal
Assorted Apple Sauce 53 cal

22
EGG CROISSANT
SANDWICH 171 cal
Fresh Fruit 72 cal

23
CHOCOLATE CHIP MINI
LOAF 179 cal
Assorted Fruit Cups 73 cal
or
Assorted Apple Sauce 53 cal

26
MINI CINNAMON
WAFFLES 190 cal
Assorted Fruit Cups 73 cal
or
Assorted Apple Sauce 53 cal

27
BANANA MINI
LOAF 170 cal
Fresh Fruit 72 cal

28
EGG CROISSANT
SANDWICH 171 cal
Assorted Fruit Cups 73 cal
or
Assorted Apple Sauce 53 cal

29
CHEESE TOAST 99 cal
Fresh Fruit 72 cal

30
MINI MAPLE CHIP
PANCAKES 90 cal
Assorted Fruit Cups 73 cal
or
Assorted Apple Sauce 53 cal

Served every day:

Assorted Unflavored Milk

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