



BREAKFAST OCTOBER 2026

Congress Middle

Palm Beach County Public Schools

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

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

1
Pancake Sausage Wrap 190 cal
Assorted Poptart w/Cheese Stick 246 cal

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

2
Egg, Cheese, Turkey Ham & Turkey Sausage Breakfast Bagel 230 cal
Honey Wheat Donut 250 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 Texas Toast 310 cal
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 Donut Sticks 260 cal 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 Waffles 190 cal

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

EVERY DAY

- ✓ Cereal
- or
- Breakfast Breaks
- ✓ Grape PB&J Sandwich
- ✓ Soybuter and Grape Sandwich
- ✓ Assorted Yogurt Cups
- offered with
- ✓ Graham Crackers

Menu subject to change.

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