



BREAKFAST OCTOBER 2026

Connections Education Center of the Palm Beaches

Palm Beach County Public Schools

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 Assorted Poptarts with Mozz Stick 246 cal Cinnamon Roll 240 cal	2 Honey Wheat Donut 250 cal Blueberry Muffin 118 cal
5 Cinnamon Roll 240 cal Assorted Yogurt Cups 80 cal	6 Assorted Poptarts with Mozz Stick 246 cal Grape PB&J Sandwich 291 cal or Soybuter and Grape Sandwich 280 cal	7 Honey Wheat Donut 250 cal Warm Banana Bread 260 cal	8 Cinnamon Roll 240 cal Blueberry Muffin 118 cal	9 Donut Sticks 249 cal Grape PB&J Sandwich 291 cal or Soybuter and Grape Sandwich 280 cal
12 No menu published	13 Cinnamon Swirl Toast 80 cal Cheddar Biscuit 110 cal	14 Banana Bread 260 cal Grape PB&J Sandwich 291 cal or Soybuter and Grape Sandwich 280 cal	15 Pumpkin Donut Holes 270 cal Assorted Poptarts with Mozz Stick 246 cal	16 Donut Sticks 249 cal Blueberry Muffin 118 cal
19 Honey Wheat Donut 250 cal Assorted Yogurt Cups 80 cal	20 Cinnamon Roll 240 cal Grape PB&J Sandwich 291 cal or Soybuter and Grape Sandwich 280 cal	21 Donut Sticks 249 cal Warm Banana Bread 260 cal	22 Honey Wheat Donut 250 cal Croissant 111 cal	23 Cinnamon Roll 240 cal Assorted Poptarts with Mozz Stick 246 cal
26 Cinnamon Roll 240 cal Assorted Yogurt Cups 80 cal	27 Blueberry Donut Bites 270 cal Grape PB&J Sandwich 291 cal or Soybuter and Grape Sandwich 280 cal	28 Donut Sticks 249 cal Warm Banana Bread 260 cal	29 Cinnamon Roll 240 cal Grape PB&J Sandwich 291 cal or Soybuter and Grape Sandwich 280 cal	30 Assorted Poptarts with Mozz Stick 246 cal Blueberry Muffin 118 cal

EVERY DAY

- Cereal
- 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