



PRE K BREAKFAST OCTOBER 2026

Crystal Lakes Elementary

Palm Beach County Public Schools



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 Cheese Toast 99 cal Fresh Fruit 72 cal Alternate PreK Entree	2 Egg Biscuit Sandwich 219 cal Assorted Fruit Cups 73 cal or Assorted Apple Sauce 53 cal Alternate PreK Entree
5 Mini Blueberry Pancakes 210 cal Assorted Fruit Cups 73 cal or Assorted Apple Sauce 53 cal Alternate PreK Entree	6 Mini Maple Chip Pancakes 90 cal Fresh Fruit 72 cal Alternate PreK Entree	7 Chocolate Chip Mini Loaf 179 cal Assorted Fruit Cups 73 cal or Assorted Apple Sauce 53 cal Alternate PreK Entree	8 French Toast Sticks "Grab & Go" 270 cal or French Toast Sticks 260 cal Fresh Fruit 72 cal Alternate PreK Entree	9 Egg Biscuit Sandwich 219 cal Assorted Fruit Cups 73 cal or Assorted Apple Sauce 53 cal Alternate PreK Entree
12 No menu published	13 Egg & Cheese Cheese Pancake Sandwich 185 cal Fresh Fruit 72 cal Alternate PreK Entree	14 Banana Mini Loaf 170 cal Assorted Fruit Cups 73 cal or Assorted Apple Sauce 53 cal Alternate PreK Entree	15 Cheese Toast 99 cal Fresh Fruit 72 cal Alternate PreK Entree	16 Egg Croissant Sandwich 171 cal Assorted Fruit Cups 73 cal or Assorted Apple Sauce 53 cal Alternate PreK Entree
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

EVERY DAY

- Assorted Unflavored Milk
- Cereal

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