



Palm Beach County Public Schools

Emerald Cove Middle School

Breakfast · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

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

★
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

★
8
🥞 Pancake Sausage Wrap 190 cal
🥞 Assorted Poptart w/Cheese Stick 246 cal

★
9
🥞 Egg, Cheese, Turkey Ham & Turkey Sausage Breakfast Bagel 230 cal
🍏 Honey Wheat Donut 250 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 310 cal
🥞 Texas Toast
🥞 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 260 cal
🍏 Donut Sticks 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 190 cal
🥞 Waffles

★
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

Served every day

🍏 Cereal · 🍏 or · 🍏 Breakfast Breaks · 🥞 Grape PB&J Sandwich · 🥞 Soybutter and Grape Sandwich · 🍏 Assorted Yogurt Cups · 🍏 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