



PRE K BREAKFAST OCTOBER 2026

Equestrian Trails 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  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