



PRE K BREAKFAST OCTOBER 2026

Forest Park 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.