



BREAKFAST

OCTOBER 2026

Freedom Shores Elementary

Palm Beach County Public Schools



Monday

Tuesday

Wednesday

Thursday

Friday

5

MINI BLUEBERRY PANCAKES 210 cal
 Apple Cinnamon 310 cal
 Texas Toast

6

CHICKEN SAUSAGE PANCAKE SANDWICH 161 cal
 Assorted Poptarts with Mozz Stick 246 cal

7

HAM & CHEESE ON HAWAIIAN BUN 198 cal
 Honey Wheat Donut 250 cal

1

PANCAKE SAUSAGE WRAP 190 cal
 Assorted Poptarts with Mozz Stick 246 cal

2

EGG, CHEESE, TURKEY HAM & TURKEY SAUSAGE BREAKFAST BAGEL 230 cal
 Honey Wheat Donut 250 cal

12

No menu published

13

EGG & CHEESE CHEESE PANCAKE SANDWICH 185 cal
 Cinnamon Swirl Toast 80 cal

14

EGG, CHEESE, TURKEY HAM & TURKEY SAUSAGE BREAKFAST BAGEL 230 cal
 Warm Banana Bread 260 cal

15

PUMPKIN DONUT HOLES 270 cal
 Assorted Poptarts with Mozz Stick 246 cal

16

CHEESE OMELET 120 cal
 Croissant 111 cal
 Donut Sticks 249 cal

19

CONFETTI PANCAKES 218 cal
 Apple Cinnamon 310 cal
 Texas Toast

20

PANCAKE SAUSAGE WRAP 190 cal
 Cinnamon Roll 240 cal

21

FRENCH TOAST STICKS "GRAB & GO" 270 cal
 French Toast Sticks 260 cal
 Warm Banana Bread 260 cal

22

SAUSAGE & CHEESE CROISSANT 218 cal
 Honey Wheat Donut 250 cal

23

HAM & CHEESE ON HAWAIIAN BUN 198 cal
 Assorted Poptarts with Mozz Stick 246 cal

26

MINI CINNAMON WAFFLES 190 cal
 Cinnamon Swirl Toast 80 cal

27

CHICKEN BISCUIT 216 cal
 Warm Banana Bread 260 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 Poptarts with Mozz Stick 246 cal

Served every day:

Breakfast Breaks · or · Cereal · offered with · Graham Crackers · Assorted Yogurt Cups

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.