



PRE K BREAKFAST OCTOBER 2026

Freedom Shores Elementary

Palm Beach County Public Schools



Monday

Tuesday

Wednesday

Thursday

Friday

				1		2	
				CHEESE TOAST 99 cal Fresh Fruit 72 cal Alternate PreK Entree		EGG BISCUIT SANDWICH 219 cal Assorted Fruit Cups 73 cal or Assorted Apple Sauce 53 cal Alternate PreK Entree	
5		6		7		8	
MINI BLUEBERRY PANCAKES 210 cal Assorted Fruit Cups 73 cal or Assorted Apple Sauce 53 cal Alternate PreK Entree		MINI MAPLE CHIP PANCAKES 90 cal Fresh Fruit 72 cal Alternate PreK Entree		CHOCOLATE CHIP MINI LOAF 179 cal Assorted Fruit Cups 73 cal or Assorted Apple Sauce 53 cal Alternate PreK Entree		FRENCH TOAST STICKS "GRAB & GO" 270 cal or French Toast Sticks 260 cal Fresh Fruit 72 cal Alternate PreK Entree	
9		10		11		12	
						No menu published	
13		14		15		16	
EGG & CHEESE CHEESE PANCAKE SANDWICH 185 cal Fresh Fruit 72 cal Alternate PreK Entree		BANANA MINI LOAF 170 cal Assorted Fruit Cups 73 cal or Assorted Apple Sauce 53 cal Alternate PreK Entree		CHEESE TOAST 99 cal Fresh Fruit 72 cal Alternate PreK Entree		EGG CROISSANT SANDWICH 171 cal Assorted Fruit Cups 73 cal or Assorted Apple Sauce 53 cal Alternate PreK Entree	
19		20		21		22	
CONFETTI PANCAKES 218 cal Assorted Fruit Cups 73 cal or Assorted Apple Sauce 53 cal		CHEESE TOAST 99 cal Fresh Fruit 72 cal		FRENCH TOAST STICKS "GRAB & GO" 270 cal or French Toast Sticks 260 cal Assorted Fruit Cups 73 cal Assorted Apple Sauce 53 cal		EGG CROISSANT SANDWICH 171 cal Fresh Fruit 72 cal	
23		24		25		26	
						CHOCOLATE CHIP MINI LOAF 179 cal Assorted Fruit Cups 73 cal or Assorted Apple Sauce 53 cal	
27		28		29		30	
MINI CINNAMON WAFFLES 190 cal Assorted Fruit Cups 73 cal or Assorted Apple Sauce 53 cal		BANANA MINI LOAF 170 cal Fresh Fruit 72 cal		EGG CROISSANT SANDWICH 171 cal Assorted Fruit Cups 73 cal or Assorted Apple Sauce 53 cal		CHEESE TOAST 99 cal Fresh Fruit 72 cal	
						MINI MAPLE CHIP PANCAKES 90 cal Assorted Fruit Cups 73 cal or Assorted Apple Sauce 53 cal	

Served every day:

Assorted Unflavored Milk · Cereal

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