



Palm Beach County Public Schools

Frontier Elementary

Breakfast · October 2026



Monday

Tuesday

Wednesday

Thursday

Friday

Mini Blueberry Pancakes 210 cal
Apple Cinnamon 310 cal
Texas Toast

Chicken Sausage Pancake Sandwich 161 cal
Assorted Poptarts with Mozz Stick 246 cal

Ham & Cheese on Hawaiian Bun 198 cal
Honey Wheat Donut 250 cal

Pancake Sausage Wrap 190 cal
Assorted Poptarts with Mozz Stick 246 cal

Egg, Cheese, Turkey Ham & Turkey Sausage Breakfast Bagel 230 cal
Honey Wheat Donut 250 cal

No menu published

Egg & Cheese Cheese Pancake Sandwich 185 cal
Cinnamon Swirl Toast 80 cal

Egg, Cheese, Turkey Ham & Turkey Sausage Breakfast Bagel 230 cal
Warm Banana Bread 260 cal

Pumpkin Donut Holes 270 cal
Assorted Poptarts with Mozz Stick 246 cal

Cheese Omelet 120 cal
Croissant 111 cal
Donut Sticks 249 cal

Confetti Pancakes 218 cal
Apple Cinnamon 310 cal
Texas Toast

Pancake Sausage Wrap 190 cal
Cinnamon Roll 240 cal

French Toast Sticks "Grab & Go" 270 cal
French Toast Sticks 260 cal
Warm Banana Bread 260 cal

Sausage & Cheese Croissant 218 cal
Honey Wheat Donut 250 cal

Ham & Cheese on Hawaiian Bun 198 cal
Assorted Poptarts with Mozz Stick 246 cal

Mini Cinnamon Waffles 190 cal
Cinnamon Swirl Toast 80 cal

Chicken Biscuit 216 cal
Warm Banana Bread 260 cal

Cheese Omelet 120 cal
Croissant 111 cal
Donut Sticks 249 cal

Egg, Cheese, Turkey Ham & Turkey Sausage Breakfast Bagel 230 cal
Cinnamon Roll 240 cal

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.

nutrislice