



Palm Beach County Public Schools

Galaxy E3 Elementary

Breakfast · October 2026



Monday

Tuesday

Wednesday

Thursday

Friday

Mini Blueberry Pancakes
Apple Cinnamon
Texas Toast

210 cal
310 cal

Chicken Sausage Pancake Sandwich
Assorted Poptarts with Mozz Stick

161 cal
246 cal

Ham & Cheese on Hawaiian Bun
Honey Wheat Donut

198 cal
250 cal

French Toast Sticks "Grab & Go"
French Toast Sticks
Cinnamon Roll

270 cal
260 cal
240 cal

Chicken Biscuit
Donut Sticks

216 cal
249 cal

No menu published

Egg & Cheese Cheese Pancake Sandwich
Cinnamon Swirl Toast

185 cal
80 cal

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

230 cal
260 cal

Pumpkin Donut Holes
Assorted Poptarts with Mozz Stick

270 cal
246 cal

Cheese Omelet
Croissant
Donut Sticks

120 cal
111 cal
249 cal

Confetti Pancakes
Apple Cinnamon
Texas Toast

218 cal
310 cal

Pancake Sausage Wrap
Cinnamon Roll

190 cal
240 cal

French Toast Sticks "Grab & Go"
French Toast Sticks
Warm Banana Bread

270 cal
260 cal
260 cal

Sausage & Cheese Croissant
Honey Wheat Donut

218 cal
250 cal

Ham & Cheese on Hawaiian Bun
Assorted Poptarts with Mozz Stick

198 cal
246 cal

Mini Cinnamon Waffles
Cinnamon Swirl Toast

190 cal
80 cal

Chicken Biscuit
Warm Banana Bread

216 cal
260 cal

Cheese Omelet
Croissant
Donut Sticks

120 cal
111 cal
249 cal

Egg, Cheese, Turkey Ham & Turkey Sausage Breakfast Bagel
Cinnamon Roll

230 cal
240 cal

Chicken Sausage Pancake Sandwich
Assorted Poptarts with Mozz Stick

162 cal
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