



Palm Beach County Public Schools

Galaxy E3 Elementary

Head Start Breakfast · October 2026



Monday

Tuesday

Wednesday

Thursday

Friday

Mini Blueberry Pancakes
Assorted Fruit Cups
or
Assorted Apple Sauce

210 cal
73 cal
53 cal

Mini Maple Chip Pancakes
Fresh Fruit

90 cal
72 cal

Chocolate Chip Mini Loaf
Assorted Fruit Cups
or
Assorted Apple Sauce

179 cal
73 cal
53 cal

French Toast Sticks "Grab & Go"
or
French Toast Sticks
Fresh Fruit

270 cal
260 cal
72 cal

Egg Biscuit Sandwich
Assorted Fruit Cups
or
Assorted Apple Sauce

219 cal
73 cal
53 cal

No menu published

Egg & Cheese Cheese Pancake Sandwich
Fresh Fruit

185 cal
72 cal

Banana Mini Loaf
Assorted Fruit Cups
or
Assorted Apple Sauce

170 cal
73 cal
53 cal

Cheese Toast
Fresh Fruit

99 cal
72 cal

Egg Croissant Sandwich
Assorted Fruit Cups
or
Assorted Apple Sauce

171 cal
73 cal
53 cal

Confetti Pancakes
Assorted Fruit Cups
or
Assorted Apple Sauce

218 cal
73 cal
53 cal

Cheese Toast
Fresh Fruit

99 cal
72 cal

French Toast Sticks "Grab & Go"
or
French Toast Sticks
Assorted Fruit Cups
Assorted Apple Sauce

270 cal
260 cal
73 cal
53 cal

Egg Croissant Sandwich
Fresh Fruit

171 cal
72 cal

Chocolate Chip Mini Loaf
Assorted Fruit Cups
or
Assorted Apple Sauce

179 cal
73 cal
53 cal

Mini Cinnamon Waffles
Assorted Fruit Cups
or
Assorted Apple Sauce

190 cal
73 cal
53 cal

Banana Mini Loaf
Fresh Fruit

170 cal
72 cal

Egg Croissant Sandwich
Assorted Fruit Cups
or
Assorted Apple Sauce

171 cal
73 cal
53 cal

Cheese Toast
Fresh Fruit

99 cal
72 cal

Mini Maple Chip Pancakes
Assorted Fruit Cups
or
Assorted Apple Sauce

90 cal
73 cal
53 cal

Served every day

Assorted Unflavored Milk

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