



Palm Beach County Public Schools
Glades Central High

Breakfast · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast Burrito with Egg, Cheese, Sausage, and Potato 167 cal
Apple Cinnamon 310 cal
Texas Toast

Chicken Sausage Pancake Sandwich 161 cal
Assorted Poptart w/Cheese Stick 246 cal

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

French Toast Sticks "Grab & Go" 270 cal
French Toast Sticks 260 cal
Cinnamon Roll 240 cal

Chicken Biscuit 216 cal
Donut Sticks 249 cal

No menu published

Egg & Pepper Jack Cheese Croissant Sandwich 283 cal
Cinnamon Swirl Toast 80 cal

Egg, Cheese, Turkey Ham & Turkey Sausage Breakfast Bagel 230 cal
Blueberry Donut Bites 270 cal

Pumpkin Donut Holes 270 cal
Assorted Poptart w/Cheese Stick 246 cal

Cheese Omelet 120 cal
Croissant 111 cal
Donut Sticks 249 cal

Sausage & Cheese Breakfast Bagel 189 cal
Apple Cinnamon 310 cal
Texas Toast
Assorted Poptart w/Cheese Stick 246 cal

Pancake Sausage Wrap 190 cal
Cinnamon Roll 240 cal

French Toast Sticks "Grab & Go" 270 cal
French Toast Sticks 260 cal
Donut Sticks 249 cal

Sausage & Cheese Croissant 218 cal
Honey Wheat Donut 250 cal

Ham & Cheese on Hawaiian Bun 198 cal
Assorted Poptart w/Cheese Stick 246 cal

Breakfast Burrito with Egg, Cheese, Sausage, and Potato 167 cal
Mini Cinnamon Waffles 190 cal

Chicken Biscuit 216 cal
Blueberry Donut Bites 270 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 Poptart w/Cheese Stick 246 cal

Served every day

Cereal · or · Breakfast Breaks · Grape PB&J Sandwich · Soybutter and Grape Sandwich · Assorted Yogurt Cups · offered with · Graham Crackers