



Palm Beach County Public Schools

Gove Elementary

Breakfast · October 2026



Monday

Tuesday

Wednesday

Thursday

Friday

1

Pancake Sausage Wrap

Assorted Poptarts with Mozz Stick 190 cal
246 cal

2

Egg, Cheese, Turkey Ham & Turkey Sausage Breakfast Bagel

Honey Wheat Donut 230 cal
250 cal

5

Mini Blueberry Pancakes

Apple Cinnamon Texas Toast 210 cal
310 cal

6

Chicken Sausage Pancake Sandwich

Assorted Poptarts with Mozz Stick 161 cal
246 cal

7

Ham & Cheese on Hawaiian Bun

Honey Wheat Donut 198 cal
250 cal

8

French Toast Sticks "Grab & Go"

French Toast Sticks 270 cal
Cinnamon Roll 260 cal
240 cal

9

Chicken Biscuit

Donut Sticks 216 cal
249 cal

12

No menu published

13

Egg & Cheese Cheese Pancake Sandwich

Cinnamon Swirl Toast 185 cal
80 cal

14

Egg, Cheese, Turkey Ham & Turkey Sausage Breakfast Bagel

Warm Banana Bread 230 cal
260 cal

15

Pumpkin Donut Holes

Assorted Poptarts with Mozz Stick 270 cal
246 cal

16

Cheese Omelet

Croissant 120 cal
Donut Sticks 111 cal
249 cal

19

Confetti Pancakes

Apple Cinnamon Texas Toast 218 cal
310 cal

20

Pancake Sausage Wrap

Cinnamon Roll 190 cal
240 cal

21

French Toast Sticks "Grab & Go"

French Toast Sticks 270 cal
260 cal
Warm Banana Bread 260 cal

22

Sausage & Cheese Croissant

Honey Wheat Donut 218 cal
250 cal

23

Ham & Cheese on Hawaiian Bun

Assorted Poptarts with Mozz Stick 198 cal
246 cal

26

Mini Cinnamon Waffles

Cinnamon Swirl Toast 190 cal
80 cal

27

Chicken Biscuit

Warm Banana Bread 216 cal
260 cal

28

Cheese Omelet

Croissant 120 cal
Donut Sticks 111 cal
249 cal

29

Egg, Cheese, Turkey Ham & Turkey Sausage Breakfast Bagel

Cinnamon Roll 230 cal
240 cal

30

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