



BREAKFAST

OCTOBER 2026

Grassy Waters Elementary

Palm Beach County Public Schools



Monday

Tuesday

Wednesday

Thursday

Friday

5  MINI BLUEBERRY PANCAKES 210 cal  Apple Cinnamon  Texas Toast	6  CHICKEN SAUSAGE PANCAKE SANDWICH 161 cal  Assorted Poptarts with Mozz Stick246 cal	7  HAM & CHEESE ON HAWAIIAN BUN 198 cal  Honey Wheat Donut 250 cal	8  FRENCH TOAST STICKS "GRAB & GO" 270 cal  French Toast Sticks 260 cal  Cinnamon Roll 240 cal	9  CHICKEN BISCUIT 216 cal  Donut Sticks 249 cal
12 No menu published	13  EGG & CHEESE CHEESE PANCAKE SANDWICH 185 cal  Cinnamon Swirl Toast 80 cal	14  EGG, CHEESE, TURKEY HAM & TURKEY SAUSAGE BREAKFAST BAGEL 230 cal  Warm Banana Bread 260 cal	15  PUMPKIN DONUT HOLES 270 cal  Assorted Poptarts with Mozz Stick 246 cal	16  CHEESE OMELET 120 cal  Croissant 111 cal  Donut Sticks 249 cal
19  CONFETTI PANCAKES 218 cal  Apple Cinnamon  Texas Toast	20  PANCAKE SAUSAGE WRAP 190 cal  Cinnamon Roll 240 cal	21  FRENCH TOAST STICKS "GRAB & GO" 270 cal  French Toast Sticks 260 cal  Warm Banana Bread 260 cal	22  SAUSAGE & CHEESE CROISSANT 218 cal  Honey Wheat Donut 250 cal	23  HAM & CHEESE ON HAWAIIAN BUN 198 cal  Assorted Poptarts with Mozz Stick 246 cal
26  MINI CINNAMON WAFFLES 190 cal  Cinnamon Swirl Toast 80 cal	27  CHICKEN BISCUIT 216 cal  Warm Banana Bread 260 cal	28  CHEESE OMELET 120 cal  Croissant 111 cal  Donut Sticks 249 cal	29  EGG, CHEESE, TURKEY HAM & TURKEY SAUSAGE BREAKFAST BAGEL 230 cal  Cinnamon Roll 240 cal	30  CHICKEN SAUSAGE PANCAKE SANDWICH 162 cal  Assorted Poptarts with Mozz Stick 246 cal