



HEAD START BREAKFAST

OCTOBER 2026

Highland Elementary

Palm Beach County Public Schools



Monday

Tuesday

Wednesday

Thursday

Friday

					1		2	
					CHEESE TOAST 99 cal Fresh Fruit 72 cal		EGG BISCUIT SANDWICH 219 cal Assorted Fruit Cups 73 cal or Assorted Apple Sauce 53 cal	
					5		6	
					MINI BLUEBERRY PANCAKES 210 cal Assorted Fruit Cups 73 cal or Assorted Apple Sauce 53 cal		MINI MAPLE CHIP PANCAKES 90 cal Fresh Fruit 72 cal	
					7		8	
					CHOCOLATE CHIP MINI LOAF 179 cal Assorted Fruit Cups 73 cal or Assorted Apple Sauce 53 cal		FRENCH TOAST STICKS "GRAB & GO" 270 cal or French Toast Sticks 260 cal Fresh Fruit 72 cal	
							9	
							EGG BISCUIT SANDWICH 219 cal Assorted Fruit Cups 73 cal or Assorted Apple Sauce 53 cal	
					12		13	
					No menu published		EGG & CHEESE CHEESE PANCAKE SANDWICH 185 cal Fresh Fruit 72 cal	
					14		15	
					BANANA MINI LOAF 170 cal Assorted Fruit Cups 73 cal or Assorted Apple Sauce 53 cal		CHEESE TOAST 99 cal Fresh Fruit 72 cal	
							16	
							EGG CROISSANT SANDWICH 171 cal Assorted Fruit Cups 73 cal or Assorted Apple Sauce 53 cal	
					19		20	
					CONFETTI PANCAKES 218 cal Assorted Fruit Cups 73 cal or Assorted Apple Sauce 53 cal		CHEESE TOAST 99 cal Fresh Fruit 72 cal	
					21		22	
					FRENCH TOAST STICKS "GRAB & GO" 270 cal or French Toast Sticks 260 cal Assorted Fruit Cups 73 cal Assorted Apple Sauce 53 cal		EGG CROISSANT SANDWICH 171 cal Fresh Fruit 72 cal	
							23	
							CHOCOLATE CHIP MINI LOAF 179 cal Assorted Fruit Cups 73 cal or Assorted Apple Sauce 53 cal	
					26		27	
					MINI CINNAMON WAFFLES 190 cal Assorted Fruit Cups 73 cal or Assorted Apple Sauce 53 cal		BANANA MINI LOAF 170 cal Fresh Fruit 72 cal	
					28		29	
					EGG CROISSANT SANDWICH 171 cal Assorted Fruit Cups 73 cal or Assorted Apple Sauce 53 cal		CHEESE TOAST 99 cal Fresh Fruit 72 cal	
							30	
							MINI MAPLE CHIP PANCAKES 90 cal Assorted Fruit Cups 73 cal or Assorted Apple Sauce 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