



BREAKFAST OCTOBER 2026

Howell Watkins Middle

Palm Beach County Public Schools

Monday	Tuesday	Wednesday	Thursday	Friday
			1 PANCAKE SAUSAGE WRAP 190 cal Assorted Poptart w/Cheese Stick 246 cal	2 EGG, CHEESE, TURKEY HAM & TURKEY SAUSAGE BREAKFAST BAGEL 230 cal Honey Wheat Donut 250 cal
5 BREAKFAST BURRITO WITH EGG, CHEESE, SAUSAGE, AND POTATO 167 cal Apple Cinnamon 310 cal Texas Toast	6 CHICKEN SAUSAGE PANCAKE SANDWICH 161 cal Assorted Poptart w/Cheese Stick 246 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 & PEPPER JACK CHEESE CROISSANT SANDWICH 283 cal Cinnamon Swirl Toast 80 cal	14 EGG, CHEESE, TURKEY HAM & TURKEY SAUSAGE BREAKFAST BAGEL 230 cal Blueberry Donut Bites 270 cal	15 PUMPKIN DONUT HOLES 270 cal Assorted Poptart w/Cheese Stick 246 cal	16 CHEESE OMELET 120 cal Croissant 111 cal Donut Sticks 249 cal
19 SAUSAGE & CHEESE BREAKFAST BAGEL 189 cal Apple Cinnamon 310 cal Texas Toast Assorted Poptart w/Cheese Stick 246 cal	20 PANCAKE SAUSAGE WRAP 190 cal Cinnamon Roll 240 cal	21 FRENCH TOAST STICKS "GRAB & GO" 270 cal French Toast Sticks 260 cal Donut Sticks 249 cal	22 SAUSAGE & CHEESE CROISSANT 218 cal Honey Wheat Donut 250 cal	23 HAM & CHEESE ON HAWAIIAN BUN 198 cal Assorted Poptart w/Cheese Stick 246 cal
26 BREAKFAST BURRITO WITH EGG, CHEESE, SAUSAGE, AND POTATO 167 cal Mini Cinnamon 190 cal Waffles	27 CHICKEN BISCUIT 216 cal Blueberry Donut Bites 270 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 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

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.

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