



PRE K BREAKFAST OCTOBER 2026

J.C. Mitchell Elementary

Palm Beach County Public Schools



Monday

Tuesday

Wednesday

Thursday

Friday

5
MINI BLUEBERRY PANCAKES 210 cal
Assorted Fruit Cups 73 cal
or
Assorted Apple Sauce 53 cal
Alternate PreK Entree

6
MINI MAPLE CHIP PANCAKES 90 cal
Fresh Fruit 72 cal
Alternate PreK Entree

7
CHOCOLATE CHIP MINI LOAF 179 cal
Assorted Fruit Cups 73 cal
or
Assorted Apple Sauce 53 cal
Alternate PreK Entree

8
FRENCH TOAST STICKS "GRAB & GO" 270 cal
or
French Toast Sticks 260 cal
Fresh Fruit 72 cal
Alternate PreK Entree

9
EGG BISCUIT SANDWICH 219 cal
Assorted Fruit Cups 73 cal
or
Assorted Apple Sauce 53 cal
Alternate PreK Entree

12
No menu published

13
EGG & CHEESE CHEESE PANCAKE SANDWICH 185 cal
Fresh Fruit 72 cal
Alternate PreK Entree

14
BANANA MINI LOAF 170 cal
Assorted Fruit Cups 73 cal
or
Assorted Apple Sauce 53 cal
Alternate PreK Entree

15
CHEESE TOAST 99 cal
Fresh Fruit 72 cal
Alternate PreK Entree

16
EGG CROISSANT SANDWICH 171 cal
Assorted Fruit Cups 73 cal
or
Assorted Apple Sauce 53 cal
Alternate PreK Entree

19
CONFETTI PANCAKES 218 cal
Assorted Fruit Cups 73 cal
or
Assorted Apple Sauce 53 cal

20
CHEESE TOAST 99 cal
Fresh Fruit 72 cal

21
FRENCH TOAST STICKS "GRAB & GO" 270 cal
or
French Toast Sticks 260 cal
Assorted Fruit Cups 73 cal
Assorted Apple Sauce 53 cal

22
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
MINI CINNAMON WAFFLES 190 cal
Assorted Fruit Cups 73 cal
or
Assorted Apple Sauce 53 cal

27
BANANA MINI LOAF 170 cal
Fresh Fruit 72 cal

28
EGG CROISSANT SANDWICH 171 cal
Assorted Fruit Cups 73 cal
or
Assorted Apple Sauce 53 cal

29
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 · Cereal

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