



BREAKFAST OCTOBER 2026

Jerry Thomas Elementary

Palm Beach County Public Schools



Monday

Tuesday

Wednesday

Thursday

Friday

★
5
MINI BLUEBERRY
PANCAKES 210 cal
Apple Cinnamon 310 cal
Texas Toast

★
6
CHICKEN SAUSAGE 161 cal
PANCAKE SANDWICH
Assorted Poptarts with Mozz 246 cal
Stick

★
7
HAM & CHEESE ON 198 cal
HAWAIIAN BUN
Honey Wheat Donut 250 cal

★
8
PANCAKE SAUSAGE 190 cal
WRAP
Assorted Poptarts with Mozz 246 cal
Stick

★
9
EGG, CHEESE, TURKEY 230 cal
HAM & TURKEY SAUSAGE
BREAKFAST BAGEL
Honey Wheat Donut 250 cal

★
12
No menu published

★
13
EGG & CHEESE 185 cal
CHEESE PANCAKE
SANDWICH
Cinnamon Swirl Toast 80 cal

★
14
EGG, CHEESE, TURKEY 230 cal
HAM & TURKEY SAUSAGE
BREAKFAST BAGEL
Warm Banana Bread 260 cal

★
15
PUMPKIN DONUT 270 cal
HOLES
Assorted Poptarts with Mozz 246 cal
Stick

★
16
CHEESE OMELET 120 cal
Croissant 111 cal
Donut Sticks 249 cal

★
19
CONFETTI 218 cal
PANCAKES
Apple Cinnamon 310 cal
Texas Toast

★
20
PANCAKE SAUSAGE 190 cal
WRAP
Cinnamon Roll 240 cal

★
21
FRENCH TOAST STICKS 270 cal
"GRAB & GO"
French Toast Sticks 260 cal
Warm Banana Bread 260 cal

★
22
SAUSAGE & CHEESE 218 cal
CROISSANT
Honey Wheat Donut 250 cal

★
23
HAM & CHEESE ON 198 cal
HAWAIIAN BUN
Assorted Poptarts with Mozz 246 cal
Stick

★
26
MINI CINNAMON 190 cal
WAFFLES
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 230 cal
HAM & TURKEY SAUSAGE
BREAKFAST BAGEL
Cinnamon Roll 240 cal

★
30
CHICKEN SAUSAGE 162 cal
PANCAKE SANDWICH
Assorted Poptarts with Mozz 246 cal
Stick

Served every day:

Breakfast Breaks · or · Cereal · offered with · Graham Crackers · Assorted Yogurt Cups

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](#)