



PRE K BREAKFAST OCTOBER 2026

Jerry Thomas 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](#)