



BREAKFAST OCTOBER 2026

John F. Kennedy Middle

Palm Beach County Public Schools

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5

Breakfast Burrito with Egg, Cheese, Sausage, and Potato 167 cal

Apple Cinnamon Texas Toast 310 cal

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

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

8

French Toast Sticks "Grab & Go" 270 cal

French Toast Sticks Cinnamon Roll 260 cal 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 Donut Sticks 111 cal 249 cal

19

Sausage & Cheese Breakfast Bagel 189 cal

Apple Cinnamon Texas Toast 310 cal

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 Donut Sticks 260 cal 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 Waffles 190 cal

27

Chicken Biscuit 216 cal

Blueberry Donut Bites 270 cal

28

Cheese Omelet 120 cal

Croissant Donut Sticks 111 cal 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

EVERY DAY

- Cereal
- or
- Breakfast Breaks
- Grape PB&J Sandwich
- Soybutter and Grape Sandwich
- Assorted Yogurt Cups
- offered with
- Graham Crackers

Menu subject to change.