



BREAKFAST

OCTOBER 2026

Jupiter Elementary

Palm Beach County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

5		6		7		8		9	
 MINI BLUEBERRY PANCAKES 210 cal		 CHICKEN SAUSAGE PANCAKE SANDWICH 161 cal		 HAM & CHEESE ON HAWAIIAN BUN 198 cal		 FRENCH TOAST STICKS "GRAB & GO" 270 cal		 CHICKEN BISCUIT 216 cal	
 Apple Cinnamon Texas Toast 310 cal		 Assorted Poptarts with Mozz Stick 246 cal		 Honey Wheat Donut 250 cal		 French Toast Sticks 260 cal		 Donut Sticks 249 cal	
 Cinnamon Roll 240 cal									
12		13		14		15		16	
No menu published		 EGG & CHEESE CHEESE PANCAKE SANDWICH 185 cal		 EGG, CHEESE, TURKEY HAM & TURKEY SAUSAGE BREAKFAST BAGEL 230 cal		 PUMPKIN DONUT HOLES 270 cal		 CHEESE OMELET 120 cal	
		 Cinnamon Swirl Toast 80 cal		 Warm Banana Bread 260 cal		 Assorted Poptarts with Mozz Stick 246 cal		 Croissant 111 cal	
								 Donut Sticks 249 cal	
19		20		21		22		23	
 CONFETTI PANCAKES 218 cal		 PANCAKE SAUSAGE WRAP 190 cal		 FRENCH TOAST STICKS "GRAB & GO" 270 cal		 SAUSAGE & CHEESE CROISSANT 218 cal		 HAM & CHEESE ON HAWAIIAN BUN 198 cal	
 Apple Cinnamon Texas Toast 310 cal		 Cinnamon Roll 240 cal		 French Toast Sticks 260 cal		 Honey Wheat Donut 250 cal		 Assorted Poptarts with Mozz Stick 246 cal	
				 Warm Banana Bread 260 cal					
26		27		28		29		30	
 MINI CINNAMON WAFFLES 190 cal		 CHICKEN BISCUIT 216 cal		 CHEESE OMELET 120 cal		 EGG, CHEESE, TURKEY HAM & TURKEY SAUSAGE BREAKFAST BAGEL 230 cal		 CHICKEN SAUSAGE PANCAKE SANDWICH 162 cal	
 Cinnamon Swirl Toast 80 cal		 Warm Banana Bread 260 cal		 Croissant 111 cal		 Cinnamon Roll 240 cal		 Assorted Poptarts with Mozz Stick 246 cal	
				 Donut Sticks 249 cal					