



PRE K BREAKFAST OCTOBER 2026

Lake Worth High

Palm Beach County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

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

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

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

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

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

No menu published

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

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

CHEESE TOAST 99 cal
Fresh Fruit 72 cal
Alternate PreK Entree

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

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

CHEESE TOAST 99 cal
Fresh Fruit 72 cal

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

EGG CROISSANT SANDWICH 171 cal
Fresh Fruit 72 cal

CHOCOLATE CHIP MINI LOAF 179 cal
Assorted Fruit Cups 73 cal
or
Assorted Apple Sauce 53 cal

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

BANANA MINI LOAF 170 cal
Fresh Fruit 72 cal

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

CHEESE TOAST 99 cal
Fresh Fruit 72 cal

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](#)