



BREAKFAST OCTOBER 2026

Lake Worth Middle

Palm Beach County Public Schools

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

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

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 111 cal
 Donut Sticks 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 111 cal
 Donut Sticks 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.

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