



Palm Beach County Public Schools

Lantana Middle

Breakfast · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

1

Pancake Sausage Wrap

Assorted Poptart w/Cheese Stick 190 cal
246 cal

2

Egg, Cheese, Turkey Ham & Turkey Sausage Breakfast Bagel

Honey Wheat Donut 230 cal
250 cal

5

Breakfast Burrito with Egg, Cheese, Sausage, and Potato

Apple Cinnamon 167 cal
Texas Toast 310 cal

6

Chicken Sausage Pancake Sandwich

Assorted Poptart w/Cheese Stick 161 cal
246 cal

7

Ham & Cheese on Hawaiian Bun

Honey Wheat Donut 198 cal
250 cal

8

French Toast Sticks "Grab & Go"

French Toast Sticks 270 cal
Cinnamon Roll 260 cal
240 cal

9

Chicken Biscuit

Donut Sticks 216 cal
249 cal

12

No menu published

13

Egg & Pepper Jack Cheese Croissant Sandwich

Cinnamon Swirl Toast 283 cal
80 cal

14

Egg, Cheese, Turkey Ham & Turkey Sausage Breakfast Bagel

Blueberry Donut Bites 230 cal
270 cal

15

Pumpkin Donut Holes

Assorted Poptart w/Cheese Stick 270 cal
246 cal

16

Cheese Omelet

Croissant 120 cal
Donut Sticks 111 cal
249 cal

19

Sausage & Cheese Breakfast Bagel

Apple Cinnamon 189 cal
Texas Toast 310 cal
Assorted Poptart w/Cheese Stick 246 cal

20

Pancake Sausage Wrap

Cinnamon Roll 190 cal
240 cal

21

French Toast Sticks "Grab & Go"

French Toast Sticks 270 cal
Donut Sticks 260 cal
249 cal

22

Sausage & Cheese Croissant

Honey Wheat Donut 218 cal
250 cal

23

Ham & Cheese on Hawaiian Bun

Assorted Poptart w/Cheese Stick 198 cal
246 cal

26

Breakfast Burrito with Egg, Cheese, Sausage, and Potato

Mini Cinnamon 167 cal
Waffles 190 cal

27

Chicken Biscuit

Blueberry Donut Bites 216 cal
270 cal

28

Cheese Omelet

Croissant 120 cal
Donut Sticks 111 cal
249 cal

29

Egg, Cheese, Turkey Ham & Turkey Sausage Breakfast Bagel

Cinnamon Roll 230 cal
240 cal

30

Chicken Sausage Pancake Sandwich

Assorted Poptart w/Cheese Stick 162 cal
246 cal

Served every day

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

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