



Palm Beach County Public Schools

Lighthouse Elementary



Pre K Breakfast · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

5
Mini Blueberry Pancakes

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

6
Mini Maple Chip Pancakes

Fresh Fruit 90 cal
Alternate PreK Entree 72 cal

7
Chocolate Chip Mini Loaf

Assorted Fruit Cups 179 cal
73 cal
or
Assorted Apple Sauce 53 cal
Alternate PreK Entree

8
French Toast Sticks "Grab & Go"

or 270 cal
French Toast Sticks 260 cal
Fresh Fruit 72 cal
Alternate PreK Entree

9
Egg Biscuit Sandwich

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

No menu published

13
Egg & Cheese Cheese Pancake Sandwich

Fresh Fruit 185 cal
Alternate PreK Entree 72 cal

14
Banana Mini Loaf

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

15
Cheese Toast

Fresh Fruit 99 cal
Alternate PreK Entree 72 cal

16
Egg Croissant Sandwich

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

19
Confetti Pancakes

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

20
Cheese Toast

Fresh Fruit 99 cal
72 cal

21
French Toast Sticks "Grab & Go"

or 270 cal
French Toast Sticks 260 cal
Assorted Fruit Cups 73 cal
Assorted Apple Sauce 53 cal

22
Egg Croissant Sandwich

Fresh Fruit 171 cal
72 cal

23
Chocolate Chip Mini Loaf

Assorted Fruit Cups 179 cal
73 cal
or
Assorted Apple Sauce 53 cal

26
Mini Cinnamon Waffles

Assorted Fruit Cups 190 cal
73 cal
or
Assorted Apple Sauce 53 cal

27
Banana Mini Loaf

Fresh Fruit 170 cal
72 cal

28
Egg Croissant Sandwich

Assorted Fruit Cups 171 cal
73 cal
or
Assorted Apple Sauce 53 cal

29
Cheese Toast

Fresh Fruit 99 cal
72 cal

30
Mini Maple Chip Pancakes

Assorted Fruit Cups 90 cal
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