



# BREAKFAST OCTOBER 2026

## Manatee Elementary

Palm Beach County Public Schools



| Monday                                                                                                              | Tuesday                                                                                                                 | Wednesday                                                                                                                                          | Thursday                                                                                                                                       | Friday                                                                                                                              |
|---------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                     |                                                                                                                         |                                                                                                                                                    | <div>★</div> <div> PANCAKE SAUSAGE WRAP 190 cal</div> <div> Assorted Poptarts with Mozz Stick 246 cal</div>                                    | <div>★</div> <div> EGG, CHEESE, TURKEY HAM &amp; TURKEY SAUSAGE BREAKFAST BAGEL 230 cal</div> <div> Honey Wheat Donut 250 cal</div> |
| <div>★</div> <div> MINI BLUEBERRY PANCAKES 210 cal</div> <div> Apple Cinnamon 310 cal</div> <div> Texas Toast</div> | <div>★</div> <div> CHICKEN SAUSAGE PANCAKE SANDWICH 161 cal</div> <div> Assorted Poptarts with Mozz Stick 246 cal</div> | <div>★</div> <div> HAM &amp; CHEESE ON HAWAIIAN BUN 198 cal</div> <div> Honey Wheat Donut 250 cal</div>                                            | <div>★</div> <div> FRENCH TOAST STICKS "GRAB &amp; GO" 270 cal</div> <div> French Toast Sticks 260 cal</div> <div> Cinnamon Roll 240 cal</div> | <div>★</div> <div> CHICKEN BISCUIT 216 cal</div> <div> Donut Sticks 249 cal</div>                                                   |
| <div>★</div> <div>No menu published</div>                                                                           | <div>★</div> <div> EGG &amp; CHEESE CHEESE PANCAKE SANDWICH 185 cal</div> <div> Cinnamon Swirl Toast 80 cal</div>       | <div>★</div> <div> EGG, CHEESE, TURKEY HAM &amp; TURKEY SAUSAGE BREAKFAST BAGEL 230 cal</div> <div> Warm Banana Bread 260 cal</div>                | <div>★</div> <div> PUMPKIN DONUT HOLES 270 cal</div> <div> Assorted Poptarts with Mozz Stick 246 cal</div>                                     | <div>★</div> <div> CHEESE OMELET 120 cal</div> <div> Croissant 111 cal</div> <div> Donut Sticks 249 cal</div>                       |
| <div>★</div> <div> CONFETTI PANCAKES 218 cal</div> <div> Apple Cinnamon 310 cal</div> <div> Texas Toast</div>       | <div>★</div> <div> PANCAKE SAUSAGE WRAP 190 cal</div> <div> Cinnamon Roll 240 cal</div>                                 | <div>★</div> <div> FRENCH TOAST STICKS "GRAB &amp; GO" 270 cal</div> <div> French Toast Sticks 260 cal</div> <div> Warm Banana Bread 260 cal</div> | <div>★</div> <div> SAUSAGE &amp; CHEESE CROISSANT 218 cal</div> <div> Honey Wheat Donut 250 cal</div>                                          | <div>★</div> <div> HAM &amp; CHEESE ON HAWAIIAN BUN 198 cal</div> <div> Assorted Poptarts with Mozz Stick 246 cal</div>             |
| <div>★</div> <div> MINI CINNAMON WAFFLES 190 cal</div> <div> Cinnamon Swirl Toast 80 cal</div>                      | <div>★</div> <div> CHICKEN BISCUIT 216 cal</div> <div> Warm Banana Bread 260 cal</div>                                  | <div>★</div> <div> CHEESE OMELET 120 cal</div> <div> Croissant 111 cal</div> <div> Donut Sticks 249 cal</div>                                      | <div>★</div> <div> EGG, CHEESE, TURKEY HAM &amp; TURKEY SAUSAGE BREAKFAST BAGEL 230 cal</div> <div> Cinnamon Roll 240 cal</div>                | <div>★</div> <div> CHICKEN SAUSAGE PANCAKE SANDWICH 162 cal</div> <div> Assorted Poptarts with Mozz Stick 246 cal</div>             |

### Served every day:

Breakfast Breaks · or · Cereal · offered with · Graham Crackers · Assorted Yogurt Cups

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