



## BREAKFAST

# OCTOBER 2026

## Omni Middle

Palm Beach County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

5

**BREAKFAST BURRITO WITH EGG, CHEESE, SAUSAGE, AND POTATO** 167 cal  
 Apple Cinnamon 310 cal  
 Texas Toast

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

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

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 310 cal  
 Texas Toast  
 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 260 cal  
 Donut Sticks 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

### 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