



BREAKFAST

OCTOBER 2026

Palm Beach Lakes High

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	8  FRENCH TOAST STICKS "GRAB & GO" 270 cal  French Toast Sticks 260 cal  Cinnamon Roll 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 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