



BREAKFAST

OCTOBER 2026

Palm Beach Preparatory Academy

Palm Beach County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

1

ASSORTED POPTARTS WITH MOZZ STICK 246 cal
 Grape PB&J Sandwich 291 cal
or
 Soybutter and Grape Sandwich 280 cal

2

HONEY WHEAT DONUT 250 cal
 Blueberry Muffin 118 cal

5

CINNAMON ROLL 240 cal
 Assorted Yogurt Cups 80 cal
offered with
 Graham Crackers 115 cal

6

ASSORTED POPTARTS WITH MOZZ STICK 246 cal
 Grape PB&J Sandwich 291 cal
or
 Soybutter and Grape Sandwich 280 cal

7

HONEY WHEAT DONUT 250 cal
 Warm Banana Bread 260 cal

8

CINNAMON ROLL 240 cal
 Blueberry Muffin 118 cal

9

DONUT STICKS 249 cal
 Cheddar Biscuit 110 cal

12

No menu published

13

CINNAMON SWIRL TOAST 80 cal
 Croissant 111 cal

14

BLUEBERRY DONUT BITES 270 cal
 Warm Banana Bread 260 cal

15

PUMPKIN DONUT HOLES 270 cal
 Grape PB&J Sandwich 291 cal
or
 Soybutter and Grape Sandwich 280 cal

16

DONUT STICKS 249 cal
 Blueberry Muffin 118 cal

19

HONEY WHEAT DONUT 250 cal
 Assorted Yogurt Cups 80 cal
offered with
 Graham Crackers 115 cal

20

CINNAMON ROLL 240 cal
 Grape PB&J Sandwich 291 cal
or
 Soybutter and Grape Sandwich 280 cal

21

DONUT STICKS 249 cal
 Warm Banana Bread 260 cal

22

HONEY WHEAT DONUT 250 cal
 Croissant 111 cal

23

ASSORTED POPTARTS WITH MOZZ STICK 246 cal
 Blueberry Muffin 118 cal

26

CINNAMON ROLL 240 cal
 Assorted Yogurt Cups 80 cal
offered with
 Graham Crackers 115 cal

27

BLUEBERRY DONUT BITES 270 cal
 Cheddar Biscuit 110 cal

28

DONUT STICKS 249 cal
 Warm Banana Bread 260 cal

29

CINNAMON ROLL 240 cal
 Grape PB&J Sandwich 291 cal
or
 Soybutter and Grape Sandwich 280 cal

30

ASSORTED POPTARTS WITH MOZZ STICK 246 cal
 Blueberry Muffin 118 cal

Served every day:

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