



BREAKFAST OCTOBER 2026

Palmetto Elementary

Palm Beach County Public Schools



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			★ 1 Pancake Sausage Wrap 190 cal Assorted Poptarts with Mozz Stick 246 cal	★ 2 Egg, Cheese, Turkey Ham & Turkey Sausage Breakfast Bagel 230 cal Honey Wheat Donut 250 cal
★ 5 Mini Blueberry Pancakes 210 cal Apple Cinnamon Texas Toast 310 cal	★ 6 Chicken Sausage Pancake Sandwich 161 cal Assorted Poptarts with Mozz 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 & Cheese Cheese Pancake Sandwich 185 cal Cinnamon Swirl Toast 80 cal	★ 14 Egg, Cheese, Turkey Ham & Turkey Sausage Breakfast Bagel 230 cal Warm Banana Bread 260 cal	★ 15 Pumpkin Donut Holes 270 cal Assorted Poptarts with Mozz Stick 246 cal	★ 16 Cheese Omelet 120 cal Croissant 111 cal Donut Sticks 249 cal
★ 19 Confetti Pancakes 218 cal Apple Cinnamon Texas Toast 310 cal	★ 20 Pancake Sausage Wrap 190 cal Cinnamon Roll 240 cal	★ 21 French Toast Sticks "Grab & Go" 270 cal French Toast Sticks 260 cal Warm Banana Bread 260 cal	★ 22 Sausage & Cheese Croissant 218 cal Honey Wheat Donut 250 cal	★ 23 Ham & Cheese on Hawaiian Bun 198 cal Assorted Poptarts with Mozz Stick 246 cal
★ 26 Mini Cinnamon Waffles 190 cal Cinnamon Swirl Toast 80 cal	★ 27 Chicken Biscuit 216 cal Warm Banana Bread 260 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 Poptarts with Mozz Stick 246 cal

EVERY DAY

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

Menu subject to change.