



HEAD START BREAKFAST OCTOBER 2026

Pleasant City Elementary

Palm Beach County Public Schools



Monday

Tuesday

Wednesday

Thursday

Friday

1

CHEESE TOAST
Fresh Fruit

99 cal
72 cal

2

EGG BISCUIT SANDWICH

219 cal

Assorted Fruit Cups 73 cal
or
 Assorted Apple Sauce 53 cal

5

MINI BLUEBERRY PANCAKES

210 cal

Assorted Fruit Cups 73 cal
or
 Assorted Apple Sauce 53 cal

6

MINI MAPLE CHIP PANCAKES

90 cal

Fresh Fruit 72 cal

7

CHOCOLATE CHIP MINI LOAF

179 cal

Assorted Fruit Cups 73 cal
or
 Assorted Apple Sauce 53 cal

8

FRENCH TOAST STICKS "GRAB & GO"

270 cal

or
 French Toast Sticks 260 cal
 Fresh Fruit 72 cal

9

EGG BISCUIT SANDWICH

219 cal

Assorted Fruit Cups 73 cal
or
 Assorted Apple Sauce 53 cal

12

No menu published

13

EGG & CHEESE CHEESE PANCAKE SANDWICH

185 cal

Fresh Fruit 72 cal

14

BANANA MINI LOAF

170 cal

Assorted Fruit Cups 73 cal
or
 Assorted Apple Sauce 53 cal

15

CHEESE TOAST

Fresh Fruit

99 cal
72 cal

16

EGG CROISSANT SANDWICH

171 cal

Assorted Fruit Cups 73 cal
or
 Assorted Apple Sauce 53 cal

19

CONFETTI PANCAKES

218 cal

Assorted Fruit Cups 73 cal
or
 Assorted Apple Sauce 53 cal

20

CHEESE TOAST

Fresh Fruit

99 cal
72 cal

21

FRENCH TOAST STICKS "GRAB & GO"

270 cal

or
 French Toast Sticks 260 cal
 Assorted Fruit Cups 73 cal
 Assorted Apple Sauce 53 cal

22

EGG CROISSANT SANDWICH

Fresh Fruit

171 cal
72 cal

23

CHOCOLATE CHIP MINI LOAF

179 cal

Assorted Fruit Cups 73 cal
or
 Assorted Apple Sauce 53 cal

26

MINI CINNAMON WAFFLES

190 cal

Assorted Fruit Cups 73 cal
or
 Assorted Apple Sauce 53 cal

27

BANANA MINI LOAF

170 cal

Fresh Fruit 72 cal

28

EGG CROISSANT SANDWICH

171 cal

Assorted Fruit Cups 73 cal
or
 Assorted Apple Sauce 53 cal

29

CHEESE TOAST

Fresh Fruit

99 cal
72 cal

30

MINI MAPLE CHIP PANCAKES

90 cal

Assorted Fruit Cups 73 cal
or
 Assorted Apple Sauce 53 cal

Served every day:

Assorted Unflavored Milk

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