



BREAKFAST OCTOBER 2026

Quantum High School

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.

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