



BREAKFAST OCTOBER 2026

RISE Academy
Palm Beach County Public Schools

Monday	Tuesday	Wednesday	Thursday	Friday
			★1 PANCAKE SAUSAGE WRAP 190 cal Assorted Poptart w/Cheese Stick 246 cal	★2 EGG, CHEESE, TURKEY HAM & TURKEY SAUSAGE BREAKFAST BAGEL 230 cal Honey Wheat Donut 250 cal
★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
★ No menu published	★ EGG & PEPPER JACK CHEESE CROISSANT SANDWICH 283 cal Cinnamon Swirl Toast 80 cal	★ EGG, CHEESE, TURKEY HAM & TURKEY SAUSAGE BREAKFAST BAGEL 230 cal Blueberry Donut Bites 270 cal	★ PUMPKIN DONUT HOLES 270 cal Assorted Poptart w/Cheese Stick 246 cal	★ CHEESE OMELET 120 cal Croissant 111 cal Donut Sticks 249 cal
★19 SAUSAGE & CHEESE BREAKFAST BAGEL 189 cal Apple Cinnamon 310 cal 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

Served every day:

Cereal · or · Breakfast Breaks · Grape PB&J Sandwich · Soybuttermilk and Grape Sandwich · Assorted Yogurt Cups · offered with · Graham Crackers

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