



PRE K BREAKFAST

OCTOBER 2026

Starlight Cove Elementary

Palm Beach County Public Schools



Monday

Tuesday

Wednesday

Thursday

Friday

5  MINI BLUEBERRY PANCAKES 210 cal  Assorted Fruit Cups 73 cal or  Assorted Apple Sauce 53 cal Alternate PreK Entree	6  MINI MAPLE CHIP PANCAKES 90 cal  Fresh Fruit 72 cal Alternate PreK Entree	7  CHOCOLATE CHIP MINI LOAF 179 cal  Assorted Fruit Cups 73 cal or  Assorted Apple Sauce 53 cal Alternate PreK Entree	8  FRENCH TOAST STICKS "GRAB & GO" 270 cal  or  French Toast Sticks 260 cal  Fresh Fruit 72 cal Alternate PreK Entree	9  EGG BISCUIT SANDWICH 219 cal  Assorted Fruit Cups 73 cal or  Assorted Apple Sauce 53 cal Alternate PreK Entree
12 No menu published	13  EGG & CHEESE CHEESE PANCAKE SANDWICH 185 cal  Fresh Fruit 72 cal Alternate PreK Entree	14  BANANA MINI LOAF 170 cal  Assorted Fruit Cups 73 cal or  Assorted Apple Sauce 53 cal Alternate PreK Entree	15  CHEESE TOAST 99 cal  Fresh Fruit 72 cal Alternate PreK Entree	16  EGG CROISSANT SANDWICH 171 cal  Assorted Fruit Cups 73 cal or  Assorted Apple Sauce 53 cal Alternate PreK Entree
19  CONFETTI PANCAKES 218 cal  Assorted Fruit Cups 73 cal or  Assorted Apple Sauce 53 cal	20  CHEESE TOAST 99 cal  Fresh Fruit 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 171 cal  Fresh Fruit 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 99 cal  Fresh Fruit 72 cal	30  MINI MAPLE CHIP PANCAKES 90 cal  Assorted Fruit Cups 73 cal or  Assorted Apple Sauce 53 cal