



BREAKFAST

OCTOBER 2026

Sunrise Park Elementary

Palm Beach County Public Schools



Monday

Tuesday

Wednesday

Thursday

Friday

5	6	7	8	9
 MINI BLUEBERRY PANCAKES 210 cal  Apple Cinnamon 310 cal  Texas Toast	 CHICKEN SAUSAGE PANCAKE SANDWICH 161 cal  Assorted Poptarts with Mozz Stick 246 cal	 HAM & CHEESE ON HAWAIIAN BUN 198 cal  Honey Wheat Donut 250 cal	 FRENCH TOAST STICKS "GRAB & GO" 270 cal  French Toast Sticks 260 cal  Cinnamon Roll 240 cal	 CHICKEN BISCUIT 216 cal  Donut Sticks 249 cal
12	13	14	15	16
No menu published	 EGG & CHEESE CHEESE PANCAKE SANDWICH 185 cal  Cinnamon Swirl Toast 80 cal	 EGG, CHEESE, TURKEY HAM & TURKEY SAUSAGE BREAKFAST BAGEL 230 cal  Warm Banana Bread 260 cal	 PUMPKIN DONUT HOLES 270 cal  Assorted Poptarts with Mozz Stick 246 cal	 CHEESE OMELET 120 cal  Croissant 111 cal  Donut Sticks 249 cal
19	20	21	22	23
 CONFETTI PANCAKES 218 cal  Apple Cinnamon 310 cal  Texas Toast	 PANCAKE SAUSAGE WRAP 190 cal  Cinnamon Roll 240 cal	 FRENCH TOAST STICKS "GRAB & GO" 270 cal  French Toast Sticks 260 cal  Warm Banana Bread 260 cal	 SAUSAGE & CHEESE CROISSANT 218 cal  Honey Wheat Donut 250 cal	 HAM & CHEESE ON HAWAIIAN BUN 198 cal  Assorted Poptarts with Mozz Stick 246 cal
26	27	28	29	30
 MINI CINNAMON WAFFLES 190 cal  Cinnamon Swirl Toast 80 cal	 CHICKEN BISCUIT 216 cal  Warm Banana Bread 260 cal	 CHEESE OMELET 120 cal  Croissant 111 cal  Donut Sticks 249 cal	 EGG, CHEESE, TURKEY HAM & TURKEY SAUSAGE BREAKFAST BAGEL 230 cal  Cinnamon Roll 240 cal	 CHICKEN SAUSAGE PANCAKE SANDWICH 162 cal  Assorted Poptarts with Mozz Stick 246 cal