



# BREAKFAST OCTOBER 2026

## Timber Trace Elementary

Palm Beach County Public Schools



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

|                                                                                          |                                                                                                          |                                                                                                                             |                                                                                                                        |                                                                                                                      |
|------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
|                                                                                          |                                                                                                          |                                                                                                                             | <b>1</b><br><b>Pancake Sausage Wrap</b> 190 cal<br>Assorted Poptarts with Mozz Stick 246 cal                           | <b>2</b><br><b>Egg, Cheese, Turkey Ham &amp; Turkey Sausage Breakfast Bagel</b> 230 cal<br>Honey Wheat Donut 250 cal |
| <b>5</b><br><b>Mini Blueberry Pancakes</b> 210 cal<br>Apple Cinnamon Texas Toast 310 cal | <b>6</b><br><b>Chicken Sausage Pancake Sandwich</b> 161 cal<br>Assorted Poptarts with Mozz Stick 246 cal | <b>7</b><br><b>Ham &amp; Cheese on Hawaiian Bun</b> 198 cal<br>Honey Wheat Donut 250 cal                                    | <b>8</b><br><b>French Toast Sticks "Grab &amp; Go"</b> 270 cal<br>French Toast Sticks 260 cal<br>Cinnamon Roll 240 cal | <b>9</b><br><b>Chicken Biscuit</b> 216 cal<br>Donut Sticks 249 cal                                                   |
| <b>12</b><br>No menu published                                                           | <b>13</b><br><b>Egg &amp; Cheese Cheese Pancake Sandwich</b> 185 cal<br>Cinnamon Swirl Toast 80 cal      | <b>14</b><br><b>Egg, Cheese, Turkey Ham &amp; Turkey Sausage Breakfast Bagel</b> 230 cal<br>Warm Banana Bread 260 cal       | <b>15</b><br><b>Pumpkin Donut Holes</b> 270 cal<br>Assorted Poptarts with Mozz Stick 246 cal                           | <b>16</b><br><b>Cheese Omelet</b> 120 cal<br>Croissant 111 cal<br>Donut Sticks 249 cal                               |
| <b>19</b><br><b>Confetti Pancakes</b> 218 cal<br>Apple Cinnamon Texas Toast 310 cal      | <b>20</b><br><b>Pancake Sausage Wrap</b> 190 cal<br>Cinnamon Roll 240 cal                                | <b>21</b><br><b>French Toast Sticks "Grab &amp; Go"</b> 270 cal<br>French Toast Sticks 260 cal<br>Warm Banana Bread 260 cal | <b>22</b><br><b>Sausage &amp; Cheese Croissant</b> 218 cal<br>Honey Wheat Donut 250 cal                                | <b>23</b><br><b>Ham &amp; Cheese on Hawaiian Bun</b> 198 cal<br>Assorted Poptarts with Mozz Stick 246 cal            |
| <b>26</b><br><b>Mini Cinnamon Waffles</b> 190 cal<br>Cinnamon Swirl Toast 80 cal         | <b>27</b><br><b>Chicken Biscuit</b> 216 cal<br>Warm Banana Bread 260 cal                                 | <b>28</b><br><b>Cheese Omelet</b> 120 cal<br>Croissant 111 cal<br>Donut Sticks 249 cal                                      | <b>29</b><br><b>Egg, Cheese, Turkey Ham &amp; Turkey Sausage Breakfast Bagel</b> 230 cal<br>Cinnamon Roll 240 cal      | <b>30</b><br><b>Chicken Sausage Pancake Sandwich</b> 162 cal<br>Assorted Poptarts with Mozz Stick 246 cal            |

### EVERY DAY

- Breakfast Breaks
- or
- Cereal
- offered with
- Graham Crackers
- Assorted Yogurt Cups

Menu subject to change.