



BREAKFAST OCTOBER 2026

Watson B. Duncan Middle

Palm Beach County Public Schools



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5

- Breakfast Burrito with Egg, Cheese, Sausage, and Potato 167 cal
- Apple Cinnamon Texas Toast 310 cal

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 Cinnamon Roll 260 cal

9

- Chicken Biscuit 216 cal
- Donut Sticks 249 cal

12

No menu published

13

- Egg & Pepper Jack Cheese Croissant Sandwich 283 cal
- Cinnamon Swirl Toast 80 cal

14

- Egg, Cheese, Turkey Ham & Turkey Sausage Breakfast Bagel 230 cal
- Blueberry Donut Bites 270 cal

15

- Pumpkin Donut Holes 270 cal
- Assorted Poptart w/Cheese Stick 246 cal

16

- Cheese Omelet 120 cal
- Croissant 111 cal
- Donut Sticks 249 cal

19

- Sausage & Cheese Breakfast Bagel 189 cal
- Apple Cinnamon Texas Toast 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

EVERY DAY

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

Menu subject to change.

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