



BREAKFAST

OCTOBER 2026

Woodlands Middle

Palm Beach County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

5	6	7	8	9
 BREAKFAST BURRITO WITH EGG, CHEESE, SAUSAGE, AND POTATO 167 cal  Apple Cinnamon Texas Toast 310 cal	 CHICKEN SAUSAGE PANCAKE SANDWICH 161 cal  Assorted Poptart w/Cheese 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 & 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	20	21	22	23
 SAUSAGE & CHEESE BREAKFAST BAGEL 189 cal  Apple Cinnamon Texas Toast 310 cal  Assorted Poptart w/Cheese Stick 246 cal	 PANCAKE SAUSAGE WRAP 190 cal  Cinnamon Roll 240 cal	 FRENCH TOAST STICKS "GRAB & GO" 270 cal  French Toast Sticks 260 cal  Donut Sticks 249 cal	 SAUSAGE & CHEESE CROISSANT 218 cal  Honey Wheat Donut 250 cal	 HAM & CHEESE ON HAWAIIAN BUN 198 cal  Assorted Poptart w/Cheese Stick 246 cal
26	27	28	29	30
 BREAKFAST BURRITO WITH EGG, CHEESE, SAUSAGE, AND POTATO 167 cal  Mini Cinnamon Waffles 190 cal	 CHICKEN BISCUIT 216 cal  Blueberry Donut Bites 270 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 Poptart w/Cheese Stick 246 cal