



BREAKFAST OCTOBER 2026

Achievement Academy

Polk County Public Schools



Monday	Tuesday	Wednesday	Thursday	Friday
			MUFFIN BITES 360 cal Breakfast Fruit Salad 57 cal	PIZZA BAGEL 225 cal
WG BLUEBERRY FLAVORED MINI PANCAKES WG Maple Flavored Mini Pancakes	BREAKFAST CALZONE 180 cal	FRENCH TOAST BITES 270 cal	MINION BURRITO 210 cal	NATURE VALLEY SOFT OATMEAL ROUND BANANA CHOCOLATE CHIP 270 cal String Cheese, Mozzarella Colby Jack Cheese Stick
OMELET WITH COLBY CHEESE 120 cal WGR Cinnamon Swirl Bread 80 cal	SNACK'N COSMIC WAFFLE 250 cal Snack'n Waffles Buttery Maple Snack'n Waffles Sweet Cinnamon Snack'n Waffles Wild Blueberry	PANCAKE WRAP 200 cal	SUNRISE BITES-MAPLE 120 cal Sweet Puffs 230 cal Whipped Topping	No menu published
WG BLUEBERRY FLAVORED MINI PANCAKES WG Maple Flavored Mini Pancakes Apple Banana Fresh Navel Orange Fresh Strawberries Grapes, Fresh 69 cal Cantaloupe Honeydew Watermelon Kiwi, Fresh 61 cal Pear, Fresh 57 cal Apple Juice 60 cal Grape Juice 80 cal 100% Orange Juice 60 cal Apple Cherry Juice 104 cal Strawberry Kiwi Juice	THREE CHEESE EGG BITE 90 cal WGR Cinnamon Swirl Bread 80 cal Apple Fresh Navel Orange Grapes, Fresh 69 cal Fresh Strawberries Cantaloupe Honeydew Watermelon Kiwi, Fresh 61 cal Pear, Fresh 57 cal Pineapple Tidbits 60 cal Pineapple Chunks	WG FRENCH TOAST STICKS 250 cal Apple Fresh Navel Orange Grapes, Fresh 69 cal Fresh Strawberries Cantaloupe Honeydew Watermelon Kiwi, Fresh 61 cal Pear, Fresh 57 cal Apple Juice 60 cal Grape Juice 80 cal 100% Orange Juice 60 cal Apple Cherry Juice 104 cal Strawberry Kiwi Juice	CHICKEN AND WAFFLE SANDWICH Apple Fresh Navel Orange Grapes, Fresh 69 cal Fresh Strawberries Cantaloupe Honeydew Watermelon Kiwi, Fresh 61 cal Pear, Fresh 57 cal Pineapple Tidbits 60 cal Pineapple Chunks	CINNAMON ROLL 250 cal Apple Fresh Navel Orange Grapes, Fresh 69 cal Fresh Strawberries Cantaloupe Honeydew Watermelon Kiwi, Fresh 61 cal Pear, Fresh 57 cal Apple Juice 60 cal Grape Juice 80 cal 100% Orange Juice 60 cal Apple Cherry Juice 104 cal Strawberry Kiwi Juice
EGG SCRAMBLER 230 cal Apple Banana 89 cal Fresh Navel Orange Grapes, Fresh 69 cal Fresh Strawberries Cantaloupe Honeydew Watermelon Kiwi, Fresh 61 cal Pear, Fresh 57 cal Apple Juice 60 cal Grape Juice 80 cal 100% Orange Juice 60 cal Apple Cherry Juice 104 cal Strawberry Kiwi Juice	SNACK'N COSMIC WAFFLE 250 cal Snack'n Waffles Buttery Maple Snack'n Waffles Sweet Cinnamon Snack'n Waffles Wild Blueberry Apple Fresh Navel Orange Grapes, Fresh 69 cal Fresh Strawberries Cantaloupe Honeydew Watermelon Kiwi, Fresh 61 cal Pear, Fresh 57 cal Pineapple Tidbits 60 cal Pineapple Chunks	STUFFED BAGEL 170 cal Apple Fresh Navel Orange Grapes, Fresh 69 cal Fresh Strawberries Cantaloupe Honeydew Watermelon Kiwi, Fresh 61 cal Pear, Fresh 57 cal Apple Juice 60 cal Grape Juice 80 cal 100% Orange Juice 60 cal Apple Cherry Juice 104 cal Strawberry Kiwi Juice	MUFFIN BITES 360 cal Breakfast Fruit Salad 57 cal Apple Fresh Navel Orange Grapes, Fresh 69 cal Fresh Strawberries Cantaloupe Honeydew Watermelon Kiwi, Fresh 61 cal Pear, Fresh 57 cal Pineapple Tidbits 60 cal Pineapple Chunks	PIZZA BAGEL 225 cal Apple Fresh Navel Orange Grapes, Fresh 69 cal Fresh Strawberries Cantaloupe Honeydew Watermelon Kiwi, Fresh 61 cal Pear, Fresh 57 cal Apple Juice 60 cal Grape Juice 80 cal 100% Orange Juice 60 cal Apple Cherry Juice 104 cal Strawberry Kiwi Juice