



BREAKFAST

OCTOBER 2026

Alta Vista

Polk County Public Schools



Monday

Tuesday

Wednesday

Thursday

Friday

- WG BLUEBERRY FLAVORED MINI PANCAKES**
- WG Maple Flavored Mini Pancakes
 - WG Banana Muffin 270 cal
 - WG Double Chocolate Chip Muffin Top 260 cal
 - Colby Jack Cheese Stick
 - String Cheese, Mozzarella

- BREAKFAST CALZONE**
- Cool Cow Strawberry Banana Smoothie 120 cal
 - Cool Cow Peach Smoothie 110 cal
 - Apple Cinnamon Bear Graham 120 cal
 - Vanilla Bear Graham 120 cal
 - Chocolate Bear Graham 110 cal
 - Frozen Fruit Cup 80 cal

- FRENCH TOAST BITES**
- WG Double Chocolate Chip Muffin Top 260 cal
 - WG Sweet Potato Chocolate Chip Muffin 260 cal
 - WG Banana Muffin 270 cal
 - Colby Jack Cheese Stick
 - String Cheese, Mozzarella

- MUFFIN BITES**
- Breakfast Fruit Salad 57 cal
 - Chicken and Waffle Sandwich
 - Cool Cow Peach Smoothie 110 cal
 - Cool Cow Strawberry Banana Smoothie 120 cal
 - Apple Cinnamon Bear Graham 120 cal
 - Chocolate Bear Graham 110 cal
 - Vanilla Bear Graham 120 cal
 - Fruit Cup

- PIZZA BAGEL**
- Breakfast Pizza 190 cal
 - WG Double Chocolate Chip Muffin Top 260 cal
 - WG Banana Muffin 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick

- OMELET WITH COLBY CHEESE**
- WGR Cinnamon Swirl Bread 80 cal
 - Snack'n Waffles Buttery Maple
 - Snack'n Waffles Sweet Cinnamon
 - Snack'n Waffles Wild Blueberry
 - Snack'n Cosmic Waffle 250 cal
 - WG Double Chocolate Chip Muffin Top 260 cal
 - WG Banana Muffin 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick

- SNACK'N COSMIC WAFFLE**
- Snack'n Waffles Buttery Maple
 - Snack'n Waffles Sweet Cinnamon
 - Snack'n Waffles Wild Blueberry
 - Pancake Wrap 200 cal
 - Cool Cow Peach Smoothie 110 cal
 - Cool Cow Strawberry Banana Smoothie 120 cal
 - Apple Cinnamon Bear Graham 120 cal
 - Chocolate Bear Graham 110 cal
 - Vanilla Bear Graham 120 cal
 - Fruit Cup

- PANCAKE WRAP**
- WG Fruity Pancake Bowl, Peach 230 cal
 - WG Double Chocolate Chip Muffin Top 260 cal
 - WG Banana Muffin 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick

- SUNRISE BITES- MAPLE**
- Sweet Puffs 230 cal
 - Whipped Topping
 - Chicken and Waffle Sandwich
 - Cool Cow Peach Smoothie 110 cal
 - Cool Cow Strawberry Banana Smoothie 120 cal
 - Apple Cinnamon Bear Graham 120 cal
 - Chocolate Bear Graham 110 cal
 - Vanilla Bear Graham 120 cal
 - Fruit Cup

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
 - WG Double Chocolate Chip Muffin Top 260 cal
 - WG Banana Muffin 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick

- THREE CHEESE EGG BITE**
- 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
 - Bagel
 - Cream Cheese
 - Cool Cow Peach Smoothie 110 cal
 - Cool Cow Strawberry Banana Smoothie 120 cal
 - Apple Cinnamon Bear Graham 120 cal
 - Chocolate Bear Graham 110 cal
 - Vanilla Bear Graham 120 cal
 - Fruit Cup

- WG FRENCH TOAST STICKS**
- 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
 - WG Double Chocolate Chip Muffin Top 260 cal
 - WG Sweet Potato Chocolate Chip Muffin 260 cal
 - WG Banana Muffin 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick

- 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
 - Turkey Ham and Cheese Croissant 185 cal
 - Cool Cow Peach Smoothie 110 cal
 - Cool Cow Strawberry Banana Smoothie 120 cal
 - Apple Cinnamon Bear Graham 120 cal
 - Chocolate Bear Graham 110 cal
 - Vanilla Bear Graham 120 cal
 - Fruit Cup

- CINNAMON ROLL**
- 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
 - Cinnamon Toast Crunch Soft Bar 260 cal
 - WG Double Chocolate Chip Muffin Top 260 cal
 - WG Banana Muffin 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick

- EGG SCRAMBLER**
- Apple
 - Banana
 - 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
 - Nature Valley Soft Oatmeal Round Banana Chocolate Chip 270 cal
 - WG Double Chocolate Chip Muffin Top 260 cal
 - WG Banana Muffin 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick

- SNACK'N COSMIC WAFFLE**
- 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
 - Pancake Wrap 200 cal
 - Cool Cow Peach Smoothie 110 cal
 - Cool Cow Strawberry Banana Smoothie 120 cal
 - Apple Cinnamon Bear Graham 120 cal
 - Chocolate Bear Graham 110 cal
 - Vanilla Bear Graham 120 cal
 - Fruit Cup

- STUFFED BAGEL**
- 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
 - WG Fruity Pancake Bowl, Peach 230 cal
 - WG Double Chocolate Chip Muffin Top 260 cal
 - WG Banana Muffin 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick

- MUFFIN BITES**
- 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
 - Chicken and Waffle Sandwich
 - Cool Cow Peach Smoothie 110 cal
 - Cool Cow Strawberry Banana Smoothie 120 cal
 - Apple Cinnamon Bear Graham 120 cal
 - Chocolate Bear Graham 110 cal
 - Vanilla Bear Graham 120 cal
 - Fruit Cup

- PIZZA BAGEL**
- 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
 - Breakfast Pizza 190 cal
 - WG Double Chocolate Chip Muffin Top 260 cal
 - WG Banana Muffin 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick