



BREAKFAST

OCTOBER 2026

Auburndale Senior High

Polk County Public Schools



Monday

Tuesday

Wednesday

Thursday

Friday

					1		2	
					CHICKEN AND WAFFLE SANDWICH Turkey Sausage and Cheese English Muffin 225 cal Cool Cow Peach Smoothie 110 cal Cool Cow Strawberry Banana Smoothie 120 cal		PIZZA BAGEL 225 cal Chicken Biscuit Sandwich 236 cal WG Double Chocolate Chip Muffin Top 260 cal WG Banana Muffin 270 cal	
					8		9	
					PANCAKE WRAP 200 cal Turkey Sausage and Cheese English Muffin 225 cal Cool Cow Strawberry Banana Smoothie 120 cal Cool Cow Peach Smoothie 110 cal		CINNAMON ROLL 250 cal Chicken Biscuit Sandwich 236 cal WG Banana Muffin 270 cal WG Double Chocolate Chip Muffin Top 260 cal	
					15		16	
					BREADED CHICKEN MAPLE WAFFLE SANDWICH 170 cal Turkey Sausage and Cheese English Muffin 225 cal Cool Cow Peach Smoothie 110 cal Cool Cow Strawberry Banana Smoothie 120 cal		No menu published	
					22		23	
					PANCAKE WRAP 200 cal Turkey Sausage and Cheese English Muffin 225 cal Cool Cow Peach Smoothie 110 cal Cool Cow Strawberry Banana Smoothie 120 cal Apple 89 cal Banana 89 cal Grapes, Fresh 69 cal Fresh Strawberries 69 cal Fresh Navel Orange 61 cal Kiwi, Fresh 61 cal Cantaloupe 57 cal Honeydew 60 cal Watermelon 60 cal Pear, Fresh 60 cal Apple Juice 60 cal 100% Orange Juice 60 cal Grape Juice 80 cal Apple Cherry Juice 104 cal Strawberry Kiwi Juice		CINNAMON ROLL 250 cal Chicken Biscuit Sandwich 236 cal WG Banana Muffin 270 cal WG Double Chocolate Chip Muffin Top 260 cal Apple 89 cal Banana 89 cal Grapes, Fresh 69 cal Fresh Strawberries 69 cal Fresh Navel Orange 61 cal Kiwi, Fresh 61 cal Cantaloupe 57 cal Honeydew 60 cal Watermelon 60 cal Pear, Fresh 60 cal Apple Juice 60 cal 100% Orange Juice 60 cal Grape Juice 80 cal Apple Cherry Juice 104 cal Strawberry Kiwi Juice	
					29		30	
					CHICKEN AND WAFFLE SANDWICH Turkey Sausage and Cheese English Muffin 225 cal Cool Cow Peach Smoothie 110 cal Cool Cow Strawberry Banana Smoothie 120 cal Apple 89 cal Banana 89 cal Grapes, Fresh 69 cal Fresh Navel Orange 61 cal Kiwi, Fresh 61 cal Cantaloupe 57 cal Honeydew 60 cal Watermelon 60 cal Pear, Fresh 60 cal Apple Juice 60 cal 100% Orange Juice 60 cal Grape Juice 80 cal Apple Cherry Juice 104 cal Strawberry Kiwi Juice		PIZZA BAGEL 225 cal Chicken Biscuit Sandwich 236 cal WG Double Chocolate Chip Muffin Top 260 cal WG Banana Muffin 270 cal Apple 89 cal Banana 89 cal Grapes, Fresh 69 cal Fresh Navel Orange 61 cal Kiwi, Fresh 61 cal Cantaloupe 57 cal Honeydew 60 cal Watermelon 60 cal Pear, Fresh 60 cal Apple Juice 60 cal 100% Orange Juice 60 cal Grape Juice 80 cal Apple Cherry Juice 104 cal Strawberry Kiwi Juice	

Served every day:
Fresh Fruit

Menu data from Polk County Public Schools, drawn by schoolmenuapp.com. Menu subject to change. Calories are per serving, as Polk County Public Schools publishes them.

nutrislice