



# BREAKFAST OCTOBER 2026

## Bartow Middle School

Polk County Public Schools



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**5**

- WG Blueberry Flavored Mini Pancakes
- WG Maple Flavored Mini Pancakes

**6**

**Breakfast Calzone** 180 cal

**7**

**French Toast Bites** 270 cal

- Strawberry Yogurt Cup 90 cal
- Vanilla Yogurt Cup 90 cal

**1**

- Muffin Bites 360 cal
- Breakfast Fruit Salad 57 cal

**2**

**Pizza Bagel** 225 cal

**12**

- Omelet with Colby Cheese 120 cal
- Seasoned Mini Potato Pancakes 180 cal
- WGR Cinnamon Swirl Bread 80 cal

**13**

**Snack'n Cosmic Waffle** 250 cal

- Snack'n Waffles Buttery Maple
- Snack'n Waffles Sweet Cinnamon
- Snack'n Waffles Wild Blueberry

**14**

**Pancake Wrap** 200 cal

**15**

**Sunrise Bites- Maple** 120 cal

- Sweet Puffs 230 cal
- Whipped Topping

**16**

No menu published

**19**

**WG Blueberry Flavored Mini Pancakes**

- WG Maple Flavored Mini Pancakes
- Apple 89 cal
- Banana 89 cal
- Fresh Navel Orange 69 cal
- Grapes, Fresh 61 cal
- Kiwi, Fresh 61 cal
- Fresh Strawberries
- Cantaloupe
- Honeydew
- Watermelon
- 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

**20**

**Three Cheese Egg Bite** 90 cal

- WGR Cinnamon Swirl Bread 80 cal
- Apple
- Banana 89 cal
- Fresh Navel Orange 69 cal
- Grapes, Fresh 61 cal
- Kiwi, Fresh 61 cal
- Fresh Strawberries
- Cantaloupe
- Honeydew
- Watermelon
- Pear, Fresh 57 cal
- Pineapple Tidbits 60 cal
- Pineapple Chunks

**21**

**Bagel**

- Cream Cheese Cups
- Apple 89 cal
- Banana 89 cal
- Fresh Navel Orange 69 cal
- Grapes, Fresh 61 cal
- Kiwi, Fresh 61 cal
- Fresh Strawberries
- Cantaloupe
- Honeydew
- Watermelon
- 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

**22**

**Chicken and Waffle Sandwich**

- Apple 89 cal
- Banana 89 cal
- Fresh Navel Orange 69 cal
- Grapes, Fresh 61 cal
- Kiwi, Fresh 61 cal
- Fresh Strawberries
- Cantaloupe
- Honeydew
- Watermelon
- Pear, Fresh 57 cal
- Pineapple Tidbits 60 cal
- Pineapple Chunks

**23**

**Cinnamon Roll** 250 cal

- Apple 89 cal
- Banana 89 cal
- Fresh Navel Orange 69 cal
- Grapes, Fresh 61 cal
- Kiwi, Fresh 61 cal
- Fresh Strawberries
- Cantaloupe
- Honeydew
- Watermelon
- Pear, Fresh 57 cal
- Apple Juice 60 cal
- 100% Orange Juice 60 cal
- Grape Juice 80 cal
- Apple Cherry Juice 104 cal
- Strawberry Kiwi Juice

**26**

**Egg Scrambler** 230 cal

- Apple 89 cal
- Banana 89 cal
- Fresh Navel Orange 69 cal
- Grapes, Fresh 61 cal
- Kiwi, Fresh 61 cal
- Fresh Strawberries
- Cantaloupe
- Honeydew
- Watermelon
- 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

**27**

**Snack'n Cosmic Waffle** 250 cal

- Snack'n Waffles Buttery Maple
- Snack'n Waffles Sweet Cinnamon
- Snack'n Waffles Wild Blueberry
- Apple 89 cal
- Banana 89 cal
- Fresh Navel Orange 69 cal
- Grapes, Fresh 61 cal
- Kiwi, Fresh 61 cal
- Fresh Strawberries
- Cantaloupe
- Honeydew
- Watermelon
- Pear, Fresh 57 cal
- Pineapple Tidbits 60 cal
- Pineapple Chunks

**28**

**Turkey Sausage and Cheese Croissant** 215 cal

- Apple 89 cal
- Banana 89 cal
- Fresh Navel Orange 69 cal
- Grapes, Fresh 61 cal
- Kiwi, Fresh 61 cal
- Fresh Strawberries
- Cantaloupe
- Honeydew
- Watermelon
- 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

**29**

**Muffin Bites** 360 cal

- Breakfast Fruit Salad 57 cal
- Apple 89 cal
- Banana 89 cal
- Fresh Navel Orange 69 cal
- Grapes, Fresh 61 cal
- Kiwi, Fresh 61 cal
- Fresh Strawberries
- Cantaloupe
- Honeydew
- Watermelon
- Pear, Fresh 57 cal
- Pineapple Tidbits 60 cal
- Pineapple Chunks

**30**

**Pizza Bagel** 225 cal

- Apple 89 cal
- Banana 89 cal
- Fresh Navel Orange 69 cal
- Grapes, Fresh 61 cal
- Kiwi, Fresh 61 cal
- Fresh Strawberries
- Cantaloupe
- Honeydew
- Watermelon
- Pear, Fresh 57 cal
- Apple Juice 60 cal
- 100% Orange Juice 60 cal
- Grape Juice 80 cal
- Apple Cherry Juice 104 cal
- Strawberry Kiwi Juice

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.

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