



# BREAKFAST OCTOBER 2026

## Blake Academy (6-8)

Polk County Public Schools

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
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| <div>5</div> <div>WG Blueberry Flavored Mini Pancakes</div> <div>WG Maple Flavored Mini Pancakes</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <div>6</div> <div>Breakfast Calzone 180 cal</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <div>7</div> <div>French Toast Bites 270 cal</div> <div>Strawberry Yogurt Cup 90 cal</div> <div>Vanilla Yogurt Cup 90 cal</div>                                                                                                                                                                                                                                                                                                                                                                                    | <div>8</div> <div>Stuffed Bagel 170 cal</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <div>9</div> <div>Nature Valley Soft Oatmeal Round Banana Chocolate Chip 270 cal</div> <div>String Cheese, Mozzarella</div> <div>Colby Jack Cheese Stick</div>                                                                                                                                                                                                                                                                                                                                        |
| <div>12</div> <div>Omelet with Colby Cheese 120 cal</div> <div>Seasoned Mini Potato Pancakes 180 cal</div> <div>WGR Cinnamon Swirl Bread 80 cal</div>                                                                                                                                                                                                                                                                                                                                                                                                          | <div>13</div> <div>Snack'n Cosmic Waffle 250 cal</div> <div>Snack'n Waffles Buttery Maple</div> <div>Snack'n Waffles Sweet Cinnamon</div> <div>Snack'n Waffles Wild Blueberry</div>                                                                                                                                                                                                                                                                                                                                                                                                                           | <div>14</div> <div>Pancake Wrap 200 cal</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <div>15</div> <div>Sunrise Bites- Maple 120 cal</div> <div>Sweet Puffs 230 cal</div> <div>Whipped Topping</div>                                                                                                                                                                                                                                                                                                                                                                                         | <div>16</div> <div>No menu published</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <div>19</div> <div>WG Blueberry Flavored Mini Pancakes</div> <div>WG Maple Flavored Mini Pancakes</div> <div>Apple 89 cal</div> <div>Banana 89 cal</div> <div>Fresh Navel Orange 69 cal</div> <div>Grapes, Fresh 61 cal</div> <div>Kiwi, Fresh 61 cal</div> <div>Fresh Strawberries</div> <div>Cantaloupe</div> <div>Honeydew</div> <div>Watermelon</div> <div>Pear, Fresh 57 cal</div> <div>Apple Juice 60 cal</div> <div>Grape Juice 80 cal</div> <div>100% Orange Juice 60 cal</div> <div>Apple Cherry Juice 104 cal</div> <div>Strawberry Kiwi Juice</div> | <div>20</div> <div>Three Cheese Egg Bite 90 cal</div> <div>WGR Cinnamon Swirl Bread 80 cal</div> <div>Apple 89 cal</div> <div>Banana 89 cal</div> <div>Fresh Navel Orange 69 cal</div> <div>Grapes, Fresh 61 cal</div> <div>Kiwi, Fresh 61 cal</div> <div>Fresh Strawberries</div> <div>Cantaloupe</div> <div>Honeydew</div> <div>Watermelon</div> <div>Pear, Fresh 57 cal</div> <div>Pineapple Tidbits 60 cal</div> <div>Pineapple Chunks</div>                                                                                                                                                              | <div>21</div> <div>Bagel</div> <div>Cream Cheese Cups</div> <div>Apple 89 cal</div> <div>Banana 89 cal</div> <div>Fresh Navel Orange 69 cal</div> <div>Grapes, Fresh 61 cal</div> <div>Kiwi, Fresh 61 cal</div> <div>Fresh Strawberries</div> <div>Cantaloupe</div> <div>Honeydew</div> <div>Watermelon</div> <div>Pear, Fresh 57 cal</div> <div>Apple Juice 60 cal</div> <div>Grape Juice 80 cal</div> <div>100% Orange Juice 60 cal</div> <div>Apple Cherry Juice 104 cal</div> <div>Strawberry Kiwi Juice</div> | <div>22</div> <div>Chicken and Waffle Sandwich</div> <div>Apple 89 cal</div> <div>Banana 89 cal</div> <div>Fresh Navel Orange 69 cal</div> <div>Grapes, Fresh 61 cal</div> <div>Kiwi, Fresh 61 cal</div> <div>Fresh Strawberries</div> <div>Cantaloupe</div> <div>Honeydew</div> <div>Watermelon</div> <div>Pear, Fresh 57 cal</div> <div>Pineapple Tidbits 60 cal</div> <div>Pineapple Chunks</div>                                                                                                    | <div>23</div> <div>Cinnamon Roll 250 cal</div> <div>Apple 89 cal</div> <div>Banana 89 cal</div> <div>Fresh Navel Orange 69 cal</div> <div>Grapes, Fresh 61 cal</div> <div>Kiwi, Fresh 61 cal</div> <div>Fresh Strawberries</div> <div>Cantaloupe</div> <div>Honeydew</div> <div>Watermelon</div> <div>Pear, Fresh 57 cal</div> <div>Apple Juice 60 cal</div> <div>100% Orange Juice 60 cal</div> <div>Grape Juice 80 cal</div> <div>Apple Cherry Juice 104 cal</div> <div>Strawberry Kiwi Juice</div> |
| <div>26</div> <div>Egg Scrambler 230 cal</div> <div>Apple 89 cal</div> <div>Banana 89 cal</div> <div>Fresh Navel Orange 69 cal</div> <div>Grapes, Fresh 61 cal</div> <div>Kiwi, Fresh 61 cal</div> <div>Watermelon</div> <div>Cantaloupe</div> <div>Honeydew</div> <div>Pear, Fresh 57 cal</div> <div>Apple Juice 60 cal</div> <div>100% Orange Juice 60 cal</div> <div>Grape Juice 80 cal</div> <div>Apple Cherry Juice 104 cal</div> <div>Strawberry Kiwi Juice</div>                                                                                        | <div>27</div> <div>Snack'n Cosmic Waffle 250 cal</div> <div>Snack'n Waffles Buttery Maple</div> <div>Snack'n Waffles Sweet Cinnamon</div> <div>Snack'n Waffles Wild Blueberry</div> <div>Apple 89 cal</div> <div>Banana 89 cal</div> <div>Fresh Navel Orange 69 cal</div> <div>Grapes, Fresh 61 cal</div> <div>Kiwi, Fresh 61 cal</div> <div>Fresh Strawberries</div> <div>Cantaloupe</div> <div>Honeydew</div> <div>Pear, Fresh 57 cal</div> <div>Apple Juice 60 cal</div> <div>100% Orange Juice 60 cal</div> <div>Grape Juice 80 cal</div> <div>Pineapple Tidbits 60 cal</div> <div>Pineapple Chunks</div> | <div>28</div> <div>Turkey Sausage and Cheese Croissant 215 cal</div> <div>Apple 89 cal</div> <div>Banana 89 cal</div> <div>Fresh Navel Orange 69 cal</div> <div>Grapes, Fresh 61 cal</div> <div>Kiwi, Fresh 61 cal</div> <div>Watermelon</div> <div>Cantaloupe</div> <div>Honeydew</div> <div>Pear, Fresh 57 cal</div> <div>Apple Juice 60 cal</div> <div>100% Orange Juice 60 cal</div> <div>Grape Juice 80 cal</div> <div>Apple Cherry Juice 104 cal</div> <div>Strawberry Kiwi Juice</div>                      | <div>29</div> <div>Muffin Bites 360 cal</div> <div>Breakfast Fruit Salad 57 cal</div> <div>Apple 89 cal</div> <div>Banana 89 cal</div> <div>Fresh Navel Orange 69 cal</div> <div>Grapes, Fresh 61 cal</div> <div>Kiwi, Fresh 61 cal</div> <div>Watermelon</div> <div>Cantaloupe</div> <div>Honeydew</div> <div>Pear, Fresh 57 cal</div> <div>Apple Juice 60 cal</div> <div>100% Orange Juice 60 cal</div> <div>Grape Juice 80 cal</div> <div>Pineapple Tidbits 60 cal</div> <div>Pineapple Chunks</div> | <div>30</div> <div>Pizza Bagel 225 cal</div> <div>Apple 89 cal</div> <div>Banana 89 cal</div> <div>Fresh Navel Orange 69 cal</div> <div>Grapes, Fresh 61 cal</div> <div>Kiwi, Fresh 61 cal</div> <div>Cantaloupe</div> <div>Watermelon</div> <div>Honeydew</div> <div>Pear, Fresh 57 cal</div> <div>Apple Juice 60 cal</div> <div>100% Orange Juice 60 cal</div> <div>Grape Juice 80 cal</div> <div>Apple Cherry Juice 104 cal</div> <div>Strawberry Kiwi Juice</div>                                 |

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