



# BREAKFAST OCTOBER 2026

## Blake Academy (K-5)

Polk County Public Schools

| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                            | TUESDAY                                                                                                                                                                                                                                                                                                                                                                            | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                     | THURSDAY                                                                                                                                                                                                                                                                                           | FRIDAY                                                                                                                                                                                                                                                                                                                                               |
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|                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                               | <div>★<br/>Muffin Bites 360 cal<br/>Breakfast Fruit Salad 57 cal</div>                                                                                                                                                                                                                             | <div>★<br/>Pizza Bagel 225 cal</div>                                                                                                                                                                                                                                                                                                                 |
| <div>★<br/>WG Blueberry Flavored Mini Pancakes<br/>WG Maple Flavored Mini Pancakes</div>                                                                                                                                                                                                                                                                                                                          | <div>★<br/>Breakfast Calzone 180 cal</div>                                                                                                                                                                                                                                                                                                                                         | <div>★<br/>French Toast Bites 270 cal</div>                                                                                                                                                                                                                                                                                                                   | <div>★<br/>Minion Burrito 210 cal</div>                                                                                                                                                                                                                                                            | <div>★<br/>Nature Valley Soft Oatmeal Round Banana Chocolate Chip<br/>String Cheese, Mozzarella<br/>Colby Jack Cheese Stick</div>                                                                                                                                                                                                                    |
| <div>★<br/>Omelet with Colby Cheese 120 cal<br/>WGR Cinnamon Swirl Bread 80 cal</div>                                                                                                                                                                                                                                                                                                                             | <div>★<br/>Snack'n Cosmic Waffle 250 cal<br/>Snack'n Waffles Buttery Maple<br/>Snack'n Waffles Sweet Cinnamon<br/>Snack'n Waffles Wild Blueberry</div>                                                                                                                                                                                                                             | <div>★<br/>Pancake Wrap 200 cal</div>                                                                                                                                                                                                                                                                                                                         | <div>★<br/>Sunrise Bites- Maple 120 cal<br/>Sweet Puffs 230 cal<br/>Whipped Topping</div>                                                                                                                                                                                                          | <div>★<br/>No menu published</div>                                                                                                                                                                                                                                                                                                                   |
| <div>★<br/>WG Blueberry Flavored Mini Pancakes<br/>WG Maple Flavored Mini Pancakes<br/>Apple<br/>Banana<br/>Fresh Navel Orange<br/>Fresh Strawberries<br/>Grapes, Fresh 69 cal<br/>Cantaloupe<br/>Honeydew<br/>Watermelon<br/>Kiwi, Fresh 61 cal<br/>Pear, Fresh 57 cal<br/>Apple Juice 60 cal<br/>Grape Juice 80 cal<br/>100% Orange Juice 60 cal<br/>Apple Cherry Juice 104 cal<br/>Strawberry Kiwi Juice</div> | <div>★<br/>Three Cheese Egg Bite 90 cal<br/>WGR Cinnamon Swirl Bread 80 cal<br/>Apple<br/>Fresh Navel Orange<br/>Grapes, Fresh 69 cal<br/>Fresh Strawberries<br/>Cantaloupe<br/>Honeydew<br/>Watermelon<br/>Kiwi, Fresh 61 cal<br/>Pear, Fresh 57 cal<br/>Pineapple Tidbits 60 cal<br/>Pineapple Chunks</div>                                                                      | <div>★<br/>WG French Toast Sticks 250 cal<br/>Apple<br/>Fresh Navel Orange<br/>Grapes, Fresh 69 cal<br/>Fresh Strawberries<br/>Cantaloupe<br/>Honeydew<br/>Watermelon<br/>Kiwi, Fresh 61 cal<br/>Pear, Fresh 57 cal<br/>Apple Juice 60 cal<br/>Grape Juice 80 cal<br/>100% Orange Juice 60 cal<br/>Apple Cherry Juice 104 cal<br/>Strawberry Kiwi Juice</div> | <div>★<br/>Chicken and Waffle Sandwich<br/>Apple<br/>Fresh Navel Orange<br/>Grapes, Fresh 69 cal<br/>Fresh Strawberries<br/>Cantaloupe<br/>Honeydew<br/>Watermelon<br/>Kiwi, Fresh 61 cal<br/>Pear, Fresh 57 cal<br/>Pineapple Tidbits 60 cal<br/>Pineapple Chunks</div>                           | <div>★<br/>Cinnamon Roll 250 cal<br/>Apple<br/>Fresh Navel Orange<br/>Grapes, Fresh 69 cal<br/>Fresh Strawberries<br/>Cantaloupe<br/>Honeydew<br/>Watermelon<br/>Kiwi, Fresh 61 cal<br/>Pear, Fresh 57 cal<br/>Apple Juice 60 cal<br/>Grape Juice 80 cal<br/>100% Orange Juice 60 cal<br/>Apple Cherry Juice 104 cal<br/>Strawberry Kiwi Juice</div> |
| <div>★<br/>Egg Scrambler 230 cal<br/>Apple<br/>Banana 89 cal<br/>Fresh Navel Orange<br/>Grapes, Fresh 69 cal<br/>Fresh Strawberries<br/>Cantaloupe<br/>Honeydew<br/>Watermelon<br/>Kiwi, Fresh 61 cal<br/>Pear, Fresh 57 cal<br/>Apple Juice 60 cal<br/>Grape Juice 80 cal<br/>100% Orange Juice 60 cal<br/>Apple Cherry Juice 104 cal<br/>Strawberry Kiwi Juice</div>                                            | <div>★<br/>Snack'n Cosmic Waffle 250 cal<br/>Snack'n Waffles Buttery Maple<br/>Snack'n Waffles Sweet Cinnamon<br/>Snack'n Waffles Wild Blueberry<br/>Apple<br/>Fresh Navel Orange<br/>Grapes, Fresh 69 cal<br/>Fresh Strawberries<br/>Cantaloupe<br/>Honeydew<br/>Watermelon<br/>Kiwi, Fresh 61 cal<br/>Pear, Fresh 57 cal<br/>Pineapple Tidbits 60 cal<br/>Pineapple Chunks</div> | <div>★<br/>Stuffed Bagel 170 cal<br/>Apple<br/>Fresh Navel Orange<br/>Grapes, Fresh 69 cal<br/>Fresh Strawberries<br/>Cantaloupe<br/>Honeydew<br/>Watermelon<br/>Kiwi, Fresh 61 cal<br/>Pear, Fresh 57 cal<br/>Apple Juice 60 cal<br/>Grape Juice 80 cal<br/>100% Orange Juice 60 cal<br/>Apple Cherry Juice 104 cal<br/>Strawberry Kiwi Juice</div>          | <div>★<br/>Muffin Bites 360 cal<br/>Breakfast Fruit Salad 57 cal<br/>Apple<br/>Fresh Navel Orange<br/>Grapes, Fresh 69 cal<br/>Fresh Strawberries<br/>Cantaloupe<br/>Honeydew<br/>Watermelon<br/>Kiwi, Fresh 61 cal<br/>Pear, Fresh 57 cal<br/>Pineapple Tidbits 60 cal<br/>Pineapple Chunks</div> | <div>★<br/>Pizza Bagel 225 cal<br/>Apple<br/>Fresh Navel Orange<br/>Grapes, Fresh 69 cal<br/>Fresh Strawberries<br/>Cantaloupe<br/>Honeydew<br/>Watermelon<br/>Kiwi, Fresh 61 cal<br/>Pear, Fresh 57 cal<br/>Apple Juice 60 cal<br/>Grape Juice 80 cal<br/>100% Orange Juice 60 cal<br/>Apple Cherry Juice 104 cal<br/>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