



# BREAKFAST

## OCTOBER 2026

# Boswell Elementary

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

1

**MUFFIN BITES** 360 cal

Breakfast Fruit Salad 57 cal

2

**PIZZA BAGEL** 225 cal

12

**OMELET WITH COLBY CHEESE** 120 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

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

Strawberry Kiwi Juice

20

**THREE CHEESE EGG BITE** 90 cal

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

21

**WG FRENCH TOAST STICKS** 250 cal

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

22

**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

23

**CINNAMON ROLL** 250 cal

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

26

**EGG SCRAMBLER** 230 cal

Apple

Banana 89 cal

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

27

**SNACK'N COSMIC WAFFLE** 250 cal

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

28

**STUFFED BAGEL** 170 cal

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

29

**MUFFIN BITES** 360 cal

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

30

**PIZZA BAGEL** 225 cal

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