



BREAKFAST OCTOBER 2026

Citrus Ridge (6-8) 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

- 8
- Stuffed Bagel 170 cal
- 15
- Sunrise Bites- Maple 120 cal
- Sweet Puffs 230 cal
 - Whipped Topping

- 9
- Nature Valley Soft Oatmeal Round Banana Chocolate Chip 270 cal
- String Cheese, Mozzarella
 - Colby Jack Cheese Stick
- 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 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

- 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
 - 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

- 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
 - 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
 - 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

- 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
 - 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
 - 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