



# BREAKFAST

## OCTOBER 2026

# Crystal Lake Elementary

Polk County Public Schools



Monday

Tuesday

Wednesday

Thursday

Friday

5

- WG MAPLE FLAVORED MINI PANCAKES**
- WG Blueberry Flavored Mini Pancakes
- WG Banana Muffin 270 cal
- WG Double Chocolate Chip Muffin Top 260 cal
- Colby Jack Cheese Stick
- String Cheese, Mozzarella

6

- BREAKFAST CALZONE** 180 cal
- Cool Cow Strawberry Banana Smoothie 120 cal
- Cool Cow Peach Smoothie 110 cal
- Apple Cinnamon Bear Graham 120 cal
- Vanilla Bear Graham 120 cal
- Chocolate Bear Graham 110 cal
- Frozen Fruit Cup 80 cal

7

- WG DOUBLE CHOCOLATE CHIP MUFFIN TOP** 260 cal
- WG Sweet Potato Chocolate Chip Muffin 260 cal
- WG Banana Muffin 270 cal
- Colby Jack Cheese Stick
- String Cheese, Mozzarella

8

- COOL COW STRAWBERRY BANANA SMOOTHIE** 120 cal
- Cool Cow Peach Smoothie 110 cal
- Stuffed Bagel 170 cal
- Apple Cinnamon Bear Graham 120 cal
- Chocolate Bear Graham 110 cal
- Vanilla Bear Graham 120 cal
- Frozen Fruit Cup 80 cal

9

- CINNAMON TOAST CRUNCH SOFT BAR** 260 cal
- WG Banana Muffin 270 cal
- WG Double Chocolate Chip Muffin Top 260 cal
- Colby Jack Cheese Stick
- String Cheese, Mozzarella

12

- SNACK'N WAFFLES BUTTERY MAPLE**
- Snack'n Waffles Sweet Cinnamon
- Snack'n Waffles Wild Blueberry
- Snack'n Cosmic Waffle 250 cal
- WG Double Chocolate Chip Muffin Top 260 cal
- WG Banana Muffin 270 cal
- String Cheese, Mozzarella
- Colby Jack Cheese Stick

13

- PANCAKE WRAP** 200 cal
- Cool Cow Peach Smoothie 110 cal
- Cool Cow Strawberry Banana Smoothie 120 cal
- Apple Cinnamon Bear Graham 120 cal
- Chocolate Bear Graham 110 cal
- Vanilla Bear Graham 120 cal
- Fruit Cup

14

- WG FRUITY PANCAKE BOWL, PEACH** 230 cal
- WG Double Chocolate Chip Muffin Top 260 cal
- WG Banana Muffin 270 cal
- String Cheese, Mozzarella
- Colby Jack Cheese Stick

15

- CHICKEN AND WAFFLE SANDWICH**
- Cool Cow Peach Smoothie 110 cal
- Cool Cow Strawberry Banana Smoothie 120 cal
- Apple Cinnamon Bear Graham 120 cal
- Chocolate Bear Graham 110 cal
- Vanilla Bear Graham 120 cal
- Fruit Cup

16

No menu published

19

- WG BLUEBERRY FLAVORED MINI PANCAKES**
- WG Maple Flavored Mini Pancakes
- WG Double Chocolate Chip Muffin Top 260 cal
- WG Banana Muffin 270 cal
- String Cheese, Mozzarella
- Colby Jack Cheese Stick

20

- BAGEL**
- Cream Cheese
- Cool Cow Peach Smoothie 110 cal
- Cool Cow Strawberry Banana Smoothie 120 cal
- Apple Cinnamon Bear Graham 120 cal
- Chocolate Bear Graham 110 cal
- Vanilla Bear Graham 120 cal
- Fruit Cup

21

- WG DOUBLE CHOCOLATE CHIP MUFFIN TOP** 260 cal
- WG Sweet Potato Chocolate Chip Muffin 260 cal
- WG Banana Muffin 270 cal
- String Cheese, Mozzarella
- Colby Jack Cheese Stick

22

- TURKEY HAM AND CHEESE CROISSANT** 185 cal
- Cool Cow Peach Smoothie 110 cal
- Cool Cow Strawberry Banana Smoothie 120 cal
- Apple Cinnamon Bear Graham 120 cal
- Chocolate Bear Graham 110 cal
- Vanilla Bear Graham 120 cal
- Fruit Cup

23

- CINNAMON TOAST CRUNCH SOFT BAR** 260 cal
- WG Double Chocolate Chip Muffin Top 260 cal
- WG Banana Muffin 270 cal
- String Cheese, Mozzarella
- Colby Jack Cheese Stick

26

- NATURE VALLEY SOFT OATMEAL ROUND BANANA CHOCOLATE CHIP** 270 cal
- WG Double Chocolate Chip Muffin Top 260 cal
- WG Banana Muffin 270 cal
- String Cheese, Mozzarella
- Colby Jack Cheese Stick

27

- PANCAKE WRAP** 200 cal
- Cool Cow Peach Smoothie 110 cal
- Cool Cow Strawberry Banana Smoothie 120 cal
- Apple Cinnamon Bear Graham 120 cal
- Chocolate Bear Graham 110 cal
- Vanilla Bear Graham 120 cal
- Fruit Cup

28

- WG FRUITY PANCAKE BOWL, PEACH** 230 cal
- WG Double Chocolate Chip Muffin Top 260 cal
- WG Banana Muffin 270 cal
- String Cheese, Mozzarella
- Colby Jack Cheese Stick

29

- CHICKEN AND WAFFLE SANDWICH**
- Cool Cow Peach Smoothie 110 cal
- Cool Cow Strawberry Banana Smoothie 120 cal
- Apple Cinnamon Bear Graham 120 cal
- Chocolate Bear Graham 110 cal
- Vanilla Bear Graham 120 cal
- Fruit Cup

30

- BREAKFAST PIZZA** 190 cal
- WG Double Chocolate Chip Muffin Top 260 cal
- WG Banana Muffin 270 cal
- String Cheese, Mozzarella
- Colby Jack Cheese Stick