



BREAKFAST

OCTOBER 2026

Crystal Lake Middle School

Polk County Public Schools

CRYSTAL LAKE
MIDDLE SCHOOL

Monday

Tuesday

Wednesday

Thursday

Friday

1

2

MUFFIN BITES 360 cal
 Breakfast Fruit Salad 57 cal

PIZZA BAGEL 225 cal

5

6

7

8

9

WG BLUEBERRY FLAVORED MINI PANCAKES
 WG Maple Flavored Mini Pancakes

BREAKFAST CALZONE 180 cal

FRENCH TOAST BITES 270 cal
 Strawberry Yogurt Cup 90 cal
 Vanilla Yogurt Cup 90 cal

STUFFED BAGEL 170 cal

NATURE VALLEY SOFT OATMEAL ROUND BANANA CHOCOLATE CHIP 270 cal
 String Cheese, Mozzarella
 Colby Jack Cheese Stick

12

13

14

15

16

OMELET WITH COLBY CHEESE 120 cal
 Seasoned Mini Potato Pancakes 180 cal
 WGR Cinnamon Swirl Bread 80 cal

SNACK'N COSMIC WAFFLE 250 cal
 Snack'n Waffles Buttery Maple
 Snack'n Waffles Sweet Cinnamon
 Snack'n Waffles Wild Blueberry

PANCAKE WRAP 200 cal

SUNRISE BITES-MAPLE 120 cal
 Sweet Puffs 230 cal
 Whipped Topping

No menu published

19

20

21

22

23

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

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

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

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

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

27

28

29

30

EGG SCRAMBLER 230 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
 Grape Juice 80 cal
 100% Orange Juice 60 cal
 Apple Cherry Juice 104 cal
 Strawberry Kiwi Juice

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
 Kiwi, Fresh 61 cal
 Fresh Strawberries
 Cantaloupe
 Honeydew
 Watermelon
 Pear, Fresh 57 cal
 Pineapple Tidbits 60 cal
 Pineapple Chunks

TURKEY SAUSAGE AND CHEESE CROISSANT 215 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
 Grape Juice 80 cal
 100% Orange Juice 60 cal
 Apple Cherry Juice 104 cal
 Strawberry Kiwi Juice

MUFFIN BITES 360 cal
 Breakfast Fruit Salad 57 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

PIZZA BAGEL 225 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