BREAKFAST
OCTOBER 2026

Davenport High
Polk County Public Schools

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 **Chicken and Waffle Sandwich** Turkey Sausage and Cheese English Muffin 225 cal Cool Cow Peach Smoothie 110 cal Cool Cow Strawberry Banana Smoothie 120 cal	**2** **Pizza Bagel** 225 cal Chicken Biscuit Sandwich 236 cal WG Double Chocolate Chip Muffin Top 260 cal WG Banana Muffin 270 cal
5 **WG Blueberry Flavored Mini Pancakes** WG Maple Flavored Mini Pancakes Chicken Biscuit Sandwich 236 cal WG Banana Muffin 270 cal WG Double Chocolate Chip Muffin Top 260 cal	**6** **Stuffed Bagel** 170 cal Turkey Sausage and Cheese English Muffin 225 cal Cool Cow Peach Smoothie 110 cal Cool Cow Strawberry Banana Smoothie 120 cal	**7** **French Toast Bites** 270 cal Chicken Biscuit Sandwich 236 cal WG Banana Muffin 270 cal WG Double Chocolate Chip Muffin Top 260 cal	**8** **Pancake Wrap** 200 cal Turkey Sausage and Cheese English Muffin 225 cal Cool Cow Strawberry Banana Smoothie 120 cal Cool Cow Peach Smoothie 110 cal	**9** **Cinnamon Roll** 250 cal Chicken Biscuit Sandwich 236 cal WG Banana Muffin 270 cal WG Double Chocolate Chip Muffin Top 260 cal
12 **Snack'n Cosmic Waffle** 250 cal Snack'n Waffles Buttery Maple Snack'n Waffles Sweet Cinnamon Snack'n Waffles Wild Blueberry Chicken Biscuit Sandwich 236 cal WG Banana Muffin 270 cal WG Double Chocolate Chip Muffin Top 260 cal	**13** **WG Breakfast Croissant with Ham and Swiss Cheese** 300 cal Turkey Sausage and Cheese English Muffin 225 cal Cool Cow Peach Smoothie 110 cal Cool Cow Strawberry Banana Smoothie 120 cal	**14** **Sunrise Bites-Maple 2 oz.** 230 cal Sweet Puffs 230 cal Whipped Topping Chicken Biscuit Sandwich 236 cal WG Double Chocolate Chip Muffin Top 260 cal WG Banana Muffin 270 cal	**15** **Breaded Chicken Maple Waffle Sandwich** 170 cal Turkey Sausage and Cheese English Muffin 225 cal Cool Cow Peach Smoothie 110 cal Cool Cow Strawberry Banana Smoothie 120 cal	**16** No menu published
19 **WG Blueberry Flavored Mini Pancakes** WG Maple Flavored Mini Pancakes Chicken Biscuit Sandwich 236 cal WG Banana Muffin 270 cal WG Double Chocolate Chip Muffin Top 260 cal Apple Banana 89 cal Fresh Navel Orange Grapes, Fresh 69 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	**20** **Stuffed Bagel** 170 cal Turkey Sausage and Cheese English Muffin 225 cal Cool Cow Peach Smoothie 110 cal Cool Cow Strawberry Banana Smoothie 120 cal Apple Banana 89 cal Grapes, Fresh 69 cal Fresh Strawberries Fresh Navel Orange Kiwi, Fresh 61 cal 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	**21** **French Toast Bites** 270 cal Chicken Biscuit Sandwich 236 cal WG Banana Muffin 270 cal WG Double Chocolate Chip Muffin Top 260 cal Apple Banana 89 cal Grapes, Fresh 69 cal Fresh Strawberries Fresh Navel Orange Kiwi, Fresh 61 cal 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	**22** **Pancake Wrap** 200 cal Turkey Sausage and Cheese English Muffin 225 cal Cool Cow Peach Smoothie 110 cal Cool Cow Strawberry Banana Smoothie 120 cal Apple Banana 89 cal Grapes, Fresh 69 cal Fresh Strawberries Fresh Navel Orange Kiwi, Fresh 61 cal 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	**23** **Cinnamon Roll** 250 cal Chicken Biscuit Sandwich 236 cal WG Banana Muffin 270 cal WG Double Chocolate Chip Muffin Top 260 cal Apple Banana 89 cal Grapes, Fresh 69 cal Fresh Strawberries Fresh Navel Orange Kiwi, Fresh 61 cal 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 **Snack'n Cosmic Waffle** 250 cal Snack'n Waffles Buttery Maple Snack'n Waffles Sweet Cinnamon Snack'n Waffles Wild Blueberry Chicken Biscuit Sandwich 236 cal WG Double Chocolate Chip Muffin Top 260 cal WG Banana Muffin 270 cal Apple Banana 89 cal Grapes, Fresh 69 cal Fresh Navel Orange 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	**27** **WG Breakfast Croissant with Ham and Swiss Cheese** 300 cal Turkey Sausage and Cheese English Muffin 225 cal Cool Cow Peach Smoothie 110 cal Cool Cow Strawberry Banana Smoothie 120 cal Apple Banana 89 cal Grapes, Fresh 69 cal Fresh Navel Orange 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	**28** **Muffin Bites** 360 cal Breakfast Fruit Salad 57 cal Chicken Biscuit Sandwich 236 cal WG Double Chocolate Chip Muffin Top 260 cal WG Banana Muffin 270 cal Apple Banana 89 cal Grapes, Fresh 69 cal Fresh Navel Orange 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	**29** **Chicken and Waffle Sandwich** Turkey Sausage and Cheese English Muffin 225 cal Cool Cow Peach Smoothie 110 cal Cool Cow Strawberry Banana Smoothie 120 cal Apple Banana 89 cal Grapes, Fresh 69 cal Fresh Navel Orange 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	**30** **Pizza Bagel** 225 cal Chicken Biscuit Sandwich 236 cal WG Double Chocolate Chip Muffin Top 260 cal WG Banana Muffin 270 cal Apple Banana 89 cal Grapes, Fresh 69 cal Fresh Navel Orange 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

EVERY DAY
Fresh Fruit

Menu subject to change.

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.

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