



# BREAKFAST

## OCTOBER 2026

# Davenport School Of Arts (6-8)

Polk County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

1

2

**MUFFIN BITES** 360 cal  
 Breakfast Fruit Salad 57 cal

**PIZZA BAGEL** 225 cal

5

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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

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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

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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

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**EGG SCRAMBLER** 230 cal  
 Apple 89 cal  
 Banana 89 cal  
 Fresh Navel Orange 69 cal  
 Grapes, Fresh 61 cal  
 Fresh Strawberries  
 Kiwi, Fresh 61 cal  
 Watermelon  
 Cantaloupe  
 Honeydew  
 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

**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  
 Watermelon  
 Cantaloupe  
 Honeydew  
 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  
 Fresh Strawberries  
 Kiwi, Fresh 61 cal  
 Watermelon  
 Cantaloupe  
 Honeydew  
 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

**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  
 Kiwi, Fresh 61 cal  
 Cantaloupe  
 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  
 Fresh Strawberries  
 Kiwi, Fresh 61 cal  
 Cantaloupe  
 Watermelon  
 Honeydew  
 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