



BREAKFAST OCTOBER 2026

Denison Middle School

Polk County Public Schools



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



- Muffin Bites 360 cal
- Breakfast Fruit Salad 57 cal



- Pizza Bagel 225 cal



- 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



- 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



- 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



- 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



- 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



- 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



- 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



- 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