



BREAKFAST OCTOBER 2026

Don E. Wood; Opportunity

Polk County Public Schools



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			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	BREAKFAST PIZZA 190 cal WG Double Chocolate Chip Muffin Top 260 cal WG Banana Muffin 270 cal String Cheese, Mozzarella Colby Jack Cheese Stick
5	6	7	8	9
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	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	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	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	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	13	14	15	16
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	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	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	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	No menu published
19	20	21	22	23
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	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	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	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	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	27	28	29	30
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	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	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	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	BREAKFAST PIZZA 190 cal WG Double Chocolate Chip Muffin Top 260 cal WG Banana Muffin 270 cal String Cheese, Mozzarella Colby Jack Cheese Stick