



BREAKFAST OCTOBER 2026

Dundee Ridge Middle

Polk County Public Schools



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 Muffin Bites360 cal Breakfast Fruit Salad57 cal	2 Pizza Bagel225 cal
5 WG Blueberry Flavored Mini Pancakes WG Maple Flavored Mini Pancakes	6 Breakfast Calzone180 cal	7 French Toast Bites270 cal Strawberry Yogurt Cup90 cal Vanilla Yogurt Cup90 cal	8 Stuffed Bagel170 cal	9 Nature Valley Soft Oatmeal Round Banana Chocolate Chip270 cal String Cheese, Mozzarella Colby Jack Cheese Stick
12 Omelet with Colby Cheese120 cal Seasoned Mini Potato Pancakes180 cal WGR Cinnamon Swirl Bread80 cal	13 Snack'n Cosmic Waffle250 cal Snack'n Waffles Buttery Maple Snack'n Waffles Sweet Cinnamon Snack'n Waffles Wild Blueberry	14 Pancake Wrap200 cal	15 Sunrise Bites- Maple120 cal Sweet Puffs230 cal Whipped Topping	16 No menu published
19 WG Blueberry Flavored Mini Pancakes WG Maple Flavored Mini Pancakes Apple89 cal Banana Fresh Navel Orange Grapes, Fresh69 cal Kiwi, Fresh61 cal Fresh Strawberries Cantaloupe Honeydew Watermelon Pear, Fresh57 cal Apple Juice60 cal Grape Juice80 cal 100% Orange Juice60 cal Apple Cherry Juice104 cal Strawberry Kiwi Juice	20 Three Cheese Egg Bite90 cal WGR Cinnamon Swirl Bread80 cal Apple Banana89 cal Fresh Navel Orange Grapes, Fresh69 cal Kiwi, Fresh61 cal Fresh Strawberries Cantaloupe Honeydew Watermelon Pear, Fresh57 cal Pineapple Tidbits60 cal Pineapple Chunks	21 Bagel Cream Cheese Cups Apple Banana89 cal Fresh Navel Orange Grapes, Fresh69 cal Kiwi, Fresh61 cal Fresh Strawberries Cantaloupe Honeydew Watermelon Pear, Fresh57 cal Apple Juice60 cal Grape Juice80 cal 100% Orange Juice60 cal Apple Cherry Juice104 cal Strawberry Kiwi Juice	22 Chicken and Waffle Sandwich Apple Banana89 cal Fresh Navel Orange Grapes, Fresh69 cal Kiwi, Fresh61 cal Fresh Strawberries Cantaloupe Honeydew Watermelon Pear, Fresh57 cal Pineapple Tidbits60 cal Pineapple Chunks	23 Cinnamon Roll250 cal Apple Banana89 cal Fresh Navel Orange Grapes, Fresh69 cal Kiwi, Fresh61 cal Fresh Strawberries Cantaloupe Honeydew Watermelon Pear, Fresh57 cal Apple Juice60 cal 100% Orange Juice60 cal Grape Juice80 cal Apple Cherry Juice104 cal Strawberry Kiwi Juice
26 Egg Scrambler230 cal Apple Banana89 cal Fresh Navel Orange Grapes, Fresh69 cal Fresh Strawberries Kiwi, Fresh61 cal Watermelon Cantaloupe Honeydew Pear, Fresh57 cal Apple Juice60 cal 100% Orange Juice60 cal Grape Juice80 cal Apple Cherry Juice104 cal Strawberry Kiwi Juice	27 Snack'n Cosmic Waffle250 cal Snack'n Waffles Buttery Maple Snack'n Waffles Sweet Cinnamon Snack'n Waffles Wild Blueberry Apple Banana89 cal Fresh Navel Orange Grapes, Fresh69 cal Fresh Strawberries Kiwi, Fresh61 cal Watermelon Cantaloupe Honeydew Pear, Fresh57 cal Pineapple Tidbits60 cal Pineapple Chunks	28 Turkey Sausage and Cheese Croissant215 cal Apple Banana89 cal Fresh Navel Orange Grapes, Fresh69 cal Fresh Strawberries Kiwi, Fresh61 cal Watermelon Cantaloupe Honeydew Pear, Fresh57 cal Apple Juice60 cal 100% Orange Juice60 cal Grape Juice80 cal Apple Cherry Juice104 cal Strawberry Kiwi Juice	29 Muffin Bites360 cal Breakfast Fruit Salad57 cal Apple Banana89 cal Fresh Navel Orange Grapes, Fresh69 cal Fresh Strawberries Kiwi, Fresh61 cal Watermelon Cantaloupe Honeydew Pear, Fresh57 cal Pineapple Tidbits60 cal Pineapple Chunks	30 Pizza Bagel225 cal Apple Banana89 cal Fresh Navel Orange Grapes, Fresh69 cal Fresh Strawberries Kiwi, Fresh61 cal Cantaloupe Watermelon Honeydew Pear, Fresh57 cal Apple Juice60 cal 100% Orange Juice60 cal Grape Juice80 cal Apple Cherry Juice104 cal Strawberry Kiwi Juice

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.

nutrislice