



BREAKFAST

OCTOBER 2026

Frostproof Middle

Polk County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

		1		2	
		CHICKEN AND WAFFLE SANDWICH		PIZZA BAGEL	
		Turkey Sausage and Cheese		Chicken Biscuit	
		English Muffin		Sandwich	
		Cool Cow Peach		WG Double Chocolate Chip	
		Smoothie		Muffin Top	
		Cool Cow Strawberry Banana		WG Banana Muffin	
		Smoothie			