



BREAKFAST

OCTOBER 2026

Frostproof Senior

Polk County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

		1		2	
		CHICKEN AND WAFFLE SANDWICH Turkey Sausage and Cheese English Muffin 225 cal Cool Cow Peach Smoothie 110 cal Cool Cow Strawberry Banana Smoothie 120 cal		PIZZA BAGEL 225 cal Chicken Biscuit Sandwich 236 cal WG Double Chocolate Chip Muffin Top 260 cal WG Banana Muffin 270 cal	
5		7		9	
WG BLUEBERRY FLAVORED MINI PANCAKES WG Maple Flavored Mini Pancakes Chicken Biscuit Sandwich 236 cal WG Banana Muffin 270 cal WG Double Chocolate Chip Muffin Top 260 cal		FRENCH TOAST BITES 270 cal Chicken Biscuit Sandwich 236 cal WG Banana Muffin 270 cal WG Double Chocolate Chip Muffin Top 260 cal		CINNAMON ROLL 250 cal Chicken Biscuit Sandwich 236 cal WG Banana Muffin 270 cal WG Double Chocolate Chip Muffin Top 260 cal	
12		14		16	
SNACK'N COSMIC WAFFLE 250 cal Snack'n Waffles Buttery Maple Snack'n Waffles Sweet Cinnamon Snack'n Waffles Wild Blueberry Chicken Biscuit Sandwich 236 cal WG Banana Muffin 270 cal WG Double Chocolate Chip Muffin Top 260 cal		SUNRISE BITES-MAPLE 2 OZ. 230 cal Sweet Puffs 230 cal Whipped Topping Chicken Biscuit Sandwich 236 cal WG Double Chocolate Chip Muffin Top 260 cal WG Banana Muffin 270 cal		No menu published	
19		21		23	
WG BLUEBERRY FLAVORED MINI PANCAKES WG Maple Flavored Mini Pancakes Chicken Biscuit Sandwich 236 cal WG Banana Muffin 270 cal WG Double Chocolate Chip Muffin Top 260 cal Apple Banana 89 cal Grapes, Fresh 69 cal Fresh Strawberries Fresh Navel Orange Kiwi, Fresh 61 cal 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		FRENCH TOAST BITES 270 cal Chicken Biscuit Sandwich 236 cal WG Banana Muffin 270 cal WG Double Chocolate Chip Muffin Top 260 cal Apple Banana 89 cal Grapes, Fresh 69 cal Fresh Strawberries Fresh Navel Orange Kiwi, Fresh 61 cal 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		PANCAKE WRAP 200 cal Turkey Sausage and Cheese English Muffin 225 cal Cool Cow Peach Smoothie 110 cal Cool Cow Strawberry Banana Smoothie 120 cal Apple Banana 89 cal Grapes, Fresh 69 cal Fresh Strawberries Fresh Navel Orange Kiwi, Fresh 61 cal 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		28		30	
SNACK'N COSMIC WAFFLE 250 cal Snack'n Waffles Buttery Maple Snack'n Waffles Sweet Cinnamon Snack'n Waffles Wild Blueberry Chicken Biscuit Sandwich 236 cal WG Double Chocolate Chip Muffin Top 260 cal WG Banana Muffin 270 cal Apple Banana 89 cal Grapes, Fresh 69 cal Fresh Navel Orange Kiwi, Fresh 61 cal 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 Chicken Biscuit Sandwich 236 cal WG Double Chocolate Chip Muffin Top 260 cal WG Banana Muffin 270 cal Apple Banana 89 cal Grapes, Fresh 69 cal Fresh Navel Orange Kiwi, Fresh 61 cal 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		CHICKEN AND WAFFLE SANDWICH Turkey Sausage and Cheese English Muffin 225 cal Cool Cow Peach Smoothie 110 cal Cool Cow Strawberry Banana Smoothie 120 cal Apple Banana 89 cal Grapes, Fresh 69 cal Fresh Navel Orange Kiwi, Fresh 61 cal 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	
27		29			
WG BREAKFAST CROISSANT WITH HAM AND SWISS CHEESE 300 cal Turkey Sausage and Cheese English Muffin 225 cal Cool Cow Peach Smoothie 110 cal Cool Cow Strawberry Banana Smoothie 120 cal Apple Banana 89 cal Grapes, Fresh 69 cal Fresh Navel Orange Kiwi, Fresh 61 cal 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		PIZZA BAGEL 225 cal Chicken Biscuit Sandwich 236 cal WG Double Chocolate Chip Muffin Top 260 cal WG Banana Muffin 270 cal Apple Banana 89 cal Grapes, Fresh 69 cal Fresh Navel Orange Kiwi, Fresh 61 cal 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			

Served every day:
Fresh Fruit

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