



# BREAKFAST OCTOBER 2026

## Harrison Arts Center

Polk County Public Schools



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### EVERY DAY

Fresh Fruit

Menu subject to change.

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
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| <div>5</div> <div>WG Blueberry Flavored Mini Pancakes</div> <div>WG Maple Flavored Mini Pancakes</div> <div>Chicken Biscuit Sandwich 236 cal</div> <div>WG Banana Muffin 270 cal</div> <div>WG Double Chocolate Chip Muffin Top 260 cal</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <div>6</div> <div>Stuffed Bagel 170 cal</div> <div>Turkey Sausage and Cheese English Muffin 225 cal</div> <div>Cool Cow Peach Smoothie 110 cal</div> <div>Cool Cow Strawberry Banana Smoothie 120 cal</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <div>7</div> <div>French Toast Bites 270 cal</div> <div>Chicken Biscuit Sandwich 236 cal</div> <div>WG Banana Muffin 270 cal</div> <div>WG Double Chocolate Chip Muffin Top 260 cal</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <div>8</div> <div>Pancake Wrap 200 cal</div> <div>Turkey Sausage and Cheese English Muffin 225 cal</div> <div>Cool Cow Strawberry Banana Smoothie 120 cal</div> <div>Cool Cow Peach Smoothie 110 cal</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <div>9</div> <div>Cinnamon Roll 250 cal</div> <div>Chicken Biscuit Sandwich 236 cal</div> <div>WG Banana Muffin 270 cal</div> <div>WG Double Chocolate Chip Muffin Top 260 cal</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <div>12</div> <div>Snack'n Cosmic Waffle 250 cal</div> <div>Snack'n Waffles Buttery Maple</div> <div>Snack'n Waffles Sweet Cinnamon</div> <div>Snack'n Waffles Wild Blueberry</div> <div>Chicken Biscuit Sandwich 236 cal</div> <div>WG Banana Muffin 270 cal</div> <div>WG Double Chocolate Chip Muffin Top 260 cal</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <div>13</div> <div>WG Breakfast Croissant with Ham and Swiss Cheese 300 cal</div> <div>Turkey Sausage and Cheese English Muffin 225 cal</div> <div>Cool Cow Peach Smoothie 110 cal</div> <div>Cool Cow Strawberry Banana Smoothie 120 cal</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <div>14</div> <div>Sunrise Bites-Maple 2 oz. 230 cal</div> <div>Sweet Puffs 230 cal</div> <div>Whipped Topping</div> <div>Chicken Biscuit Sandwich 236 cal</div> <div>WG Double Chocolate Chip Muffin Top 260 cal</div> <div>WG Banana Muffin 270 cal</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <div>15</div> <div>Breaded Chicken Maple Waffle Sandwich 170 cal</div> <div>Turkey Sausage and Cheese English Muffin 225 cal</div> <div>Cool Cow Peach Smoothie 110 cal</div> <div>Cool Cow Strawberry Banana Smoothie 120 cal</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <div>16</div> <div>No menu published</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <div>19</div> <div>WG Blueberry Flavored Mini Pancakes</div> <div>WG Maple Flavored Mini Pancakes</div> <div>Chicken Biscuit Sandwich 236 cal</div> <div>WG Banana Muffin 270 cal</div> <div>WG Double Chocolate Chip Muffin Top 260 cal</div> <div>Apple 89 cal</div> <div>Banana 89 cal</div> <div>Fresh Navel Orange 69 cal</div> <div>Grapes, Fresh 69 cal</div> <div>Kiwi, Fresh 61 cal</div> <div>Fresh Strawberries 61 cal</div> <div>Cantaloupe 61 cal</div> <div>Honeydew 61 cal</div> <div>Watermelon 61 cal</div> <div>Pear, Fresh 57 cal</div> <div>Apple Juice 60 cal</div> <div>100% Orange Juice 60 cal</div> <div>Grape Juice 80 cal</div> <div>Apple Cherry Juice 104 cal</div> <div>Strawberry Kiwi Juice</div>                                                                             | <div>20</div> <div>Stuffed Bagel 170 cal</div> <div>Turkey Sausage and Cheese English Muffin 225 cal</div> <div>Cool Cow Peach Smoothie 110 cal</div> <div>Cool Cow Strawberry Banana Smoothie 120 cal</div> <div>Apple 89 cal</div> <div>Banana 89 cal</div> <div>Fresh Navel Orange 69 cal</div> <div>Grapes, Fresh 69 cal</div> <div>Kiwi, Fresh 61 cal</div> <div>Fresh Strawberries 61 cal</div> <div>Cantaloupe 61 cal</div> <div>Honeydew 61 cal</div> <div>Watermelon 61 cal</div> <div>Pear, Fresh 57 cal</div> <div>Apple Juice 60 cal</div> <div>100% Orange Juice 60 cal</div> <div>Grape Juice 80 cal</div> <div>Apple Cherry Juice 104 cal</div> <div>Strawberry Kiwi Juice</div>                                    | <div>21</div> <div>French Toast Bites 270 cal</div> <div>Chicken Biscuit Sandwich 236 cal</div> <div>WG Banana Muffin 270 cal</div> <div>WG Double Chocolate Chip Muffin Top 260 cal</div> <div>Apple 89 cal</div> <div>Banana 89 cal</div> <div>Fresh Navel Orange 69 cal</div> <div>Grapes, Fresh 69 cal</div> <div>Kiwi, Fresh 61 cal</div> <div>Fresh Strawberries 61 cal</div> <div>Cantaloupe 61 cal</div> <div>Honeydew 61 cal</div> <div>Watermelon 61 cal</div> <div>Pear, Fresh 57 cal</div> <div>Apple Juice 60 cal</div> <div>100% Orange Juice 60 cal</div> <div>Grape Juice 80 cal</div> <div>Apple Cherry Juice 104 cal</div> <div>Strawberry Kiwi Juice</div>                                   | <div>22</div> <div>Pancake Wrap 200 cal</div> <div>Turkey Sausage and Cheese English Muffin 225 cal</div> <div>Cool Cow Peach Smoothie 110 cal</div> <div>Cool Cow Strawberry Banana Smoothie 120 cal</div> <div>Apple 89 cal</div> <div>Banana 89 cal</div> <div>Fresh Navel Orange 69 cal</div> <div>Grapes, Fresh 69 cal</div> <div>Kiwi, Fresh 61 cal</div> <div>Fresh Strawberries 61 cal</div> <div>Cantaloupe 61 cal</div> <div>Honeydew 61 cal</div> <div>Watermelon 61 cal</div> <div>Pear, Fresh 57 cal</div> <div>Apple Juice 60 cal</div> <div>100% Orange Juice 60 cal</div> <div>Grape Juice 80 cal</div> <div>Apple Cherry Juice 104 cal</div> <div>Strawberry Kiwi Juice</div>        | <div>23</div> <div>Cinnamon Roll 250 cal</div> <div>Chicken Biscuit Sandwich 236 cal</div> <div>WG Banana Muffin 270 cal</div> <div>WG Double Chocolate Chip Muffin Top 260 cal</div> <div>Apple 89 cal</div> <div>Banana 89 cal</div> <div>Fresh Navel Orange 69 cal</div> <div>Grapes, Fresh 69 cal</div> <div>Kiwi, Fresh 61 cal</div> <div>Fresh Strawberries 61 cal</div> <div>Cantaloupe 61 cal</div> <div>Honeydew 61 cal</div> <div>Watermelon 61 cal</div> <div>Pear, Fresh 57 cal</div> <div>Apple Juice 60 cal</div> <div>100% Orange Juice 60 cal</div> <div>Grape Juice 80 cal</div> <div>Apple Cherry Juice 104 cal</div> <div>Strawberry Kiwi Juice</div> |
| <div>26</div> <div>Snack'n Cosmic Waffle 250 cal</div> <div>Snack'n Waffles Buttery Maple</div> <div>Snack'n Waffles Sweet Cinnamon</div> <div>Snack'n Waffles Wild Blueberry</div> <div>Chicken Biscuit Sandwich 236 cal</div> <div>WG Double Chocolate Chip Muffin Top 260 cal</div> <div>WG Banana Muffin 270 cal</div> <div>Apple 89 cal</div> <div>Banana 89 cal</div> <div>Fresh Navel Orange 69 cal</div> <div>Grapes, Fresh 69 cal</div> <div>Kiwi, Fresh 61 cal</div> <div>Fresh Strawberries 61 cal</div> <div>Cantaloupe 61 cal</div> <div>Honeydew 61 cal</div> <div>Watermelon 61 cal</div> <div>Pear, Fresh 57 cal</div> <div>Apple Juice 60 cal</div> <div>100% Orange Juice 60 cal</div> <div>Grape Juice 80 cal</div> <div>Apple Cherry Juice 104 cal</div> <div>Strawberry Kiwi Juice</div> | <div>27</div> <div>WG Breakfast Croissant with Ham and Swiss Cheese 300 cal</div> <div>Turkey Sausage and Cheese English Muffin 225 cal</div> <div>Cool Cow Peach Smoothie 110 cal</div> <div>Cool Cow Strawberry Banana Smoothie 120 cal</div> <div>Apple 89 cal</div> <div>Banana 89 cal</div> <div>Fresh Navel Orange 69 cal</div> <div>Grapes, Fresh 69 cal</div> <div>Kiwi, Fresh 61 cal</div> <div>Fresh Strawberries 61 cal</div> <div>Cantaloupe 61 cal</div> <div>Honeydew 61 cal</div> <div>Watermelon 61 cal</div> <div>Pear, Fresh 57 cal</div> <div>Apple Juice 60 cal</div> <div>100% Orange Juice 60 cal</div> <div>Grape Juice 80 cal</div> <div>Apple Cherry Juice 104 cal</div> <div>Strawberry Kiwi Juice</div> | <div>28</div> <div>Muffin Bites 360 cal</div> <div>Breakfast Fruit Salad 57 cal</div> <div>Chicken Biscuit Sandwich 236 cal</div> <div>WG Double Chocolate Chip Muffin Top 260 cal</div> <div>WG Banana Muffin 270 cal</div> <div>Apple 89 cal</div> <div>Banana 89 cal</div> <div>Fresh Navel Orange 69 cal</div> <div>Grapes, Fresh 69 cal</div> <div>Kiwi, Fresh 61 cal</div> <div>Fresh Strawberries 61 cal</div> <div>Cantaloupe 61 cal</div> <div>Honeydew 61 cal</div> <div>Watermelon 61 cal</div> <div>Pear, Fresh 57 cal</div> <div>Apple Juice 60 cal</div> <div>100% Orange Juice 60 cal</div> <div>Grape Juice 80 cal</div> <div>Apple Cherry Juice 104 cal</div> <div>Strawberry Kiwi Juice</div> | <div>29</div> <div>Chicken and Waffle Sandwich</div> <div>Turkey Sausage and Cheese English Muffin 225 cal</div> <div>Cool Cow Peach Smoothie 110 cal</div> <div>Cool Cow Strawberry Banana Smoothie 120 cal</div> <div>Apple 89 cal</div> <div>Banana 89 cal</div> <div>Fresh Navel Orange 69 cal</div> <div>Grapes, Fresh 69 cal</div> <div>Kiwi, Fresh 61 cal</div> <div>Fresh Strawberries 61 cal</div> <div>Cantaloupe 61 cal</div> <div>Honeydew 61 cal</div> <div>Watermelon 61 cal</div> <div>Pear, Fresh 57 cal</div> <div>Apple Juice 60 cal</div> <div>100% Orange Juice 60 cal</div> <div>Grape Juice 80 cal</div> <div>Apple Cherry Juice 104 cal</div> <div>Strawberry Kiwi Juice</div> | <div>30</div> <div>Pizza Bagel 225 cal</div> <div>Chicken Biscuit Sandwich 236 cal</div> <div>WG Double Chocolate Chip Muffin Top 260 cal</div> <div>WG Banana Muffin 270 cal</div> <div>Apple 89 cal</div> <div>Banana 89 cal</div> <div>Fresh Navel Orange 69 cal</div> <div>Grapes, Fresh 69 cal</div> <div>Kiwi, Fresh 61 cal</div> <div>Fresh Strawberries 61 cal</div> <div>Cantaloupe 61 cal</div> <div>Honeydew 61 cal</div> <div>Watermelon 61 cal</div> <div>Pear, Fresh 57 cal</div> <div>Apple Juice 60 cal</div> <div>100% Orange Juice 60 cal</div> <div>Grape Juice 80 cal</div> <div>Apple Cherry Juice 104 cal</div> <div>Strawberry Kiwi Juice</div>   |