



# BREAKFAST

## OCTOBER 2026

# James W Sikes Elementary

Polk County Public Schools



Monday

Tuesday

Wednesday

Thursday

Friday

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
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| <div>5</div> <div>WG BLUEBERRY FLAVORED MINI PANCAKES</div> <div>WG Maple Flavored Mini Pancakes</div>                                                                                                                                                                                                                                                                                                                                                                                                                                    | <div>6</div> <div>BREAKFAST CALZONE 180 cal</div>                                                                                                                                                                                                                                                                                                                                                                                                                                            | <div>7</div> <div>FRENCH TOAST BITES 270 cal</div>                                                                                                                                                                                                                                                                                                                                                                                                                      | <div>8</div> <div>MINION BURRITO 210 cal</div>                                                                                                                                                                                                                                                                                                                                                 | <div>9</div> <div>NATURE VALLEY SOFT OATMEAL ROUND BANANA CHOCOLATE CHIP 270 cal</div> <div>String Cheese, Mozzarella</div> <div>Colby Jack Cheese Stick</div>                                                                                                                                                                                                                                                                                                 |
| <div>12</div> <div>OMELET WITH COLBY CHEESE 120 cal</div> <div>WGR Cinnamon Swirl Bread 80 cal</div>                                                                                                                                                                                                                                                                                                                                                                                                                                      | <div>13</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>14</div> <div>PANCAKE WRAP 200 cal</div>                                                                                                                                                                                                                                                                                                                                                                                                                           | <div>15</div> <div>SUNRISE BITES-MAPLE 120 cal</div> <div>Sweet Puffs 230 cal</div> <div>Whipped Topping</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>Apple</div> <div>Banana</div> <div>Fresh Navel Orange</div> <div>Fresh Strawberries</div> <div>Grapes, Fresh 69 cal</div> <div>Cantaloupe</div> <div>Honeydew</div> <div>Watermelon</div> <div>Kiwi, Fresh 61 cal</div> <div>Pear, Fresh 57 cal</div> <div>Apple Juice 60 cal</div> <div>Grape Juice 80 cal</div> <div>100% Orange Juice 60 cal</div> <div>Apple Cherry Juice 104 cal</div> <div>Strawberry Kiwi Juice</div> | <div>20</div> <div>THREE CHEESE EGG BITE 90 cal</div> <div>WGR Cinnamon Swirl Bread 80 cal</div> <div>Apple</div> <div>Fresh Navel Orange</div> <div>Grapes, Fresh 69 cal</div> <div>Fresh Strawberries</div> <div>Cantaloupe</div> <div>Honeydew</div> <div>Watermelon</div> <div>Kiwi, Fresh 61 cal</div> <div>Pear, Fresh 57 cal</div> <div>Pineapple Tidbits 60 cal</div> <div>Pineapple Chunks</div>                                                                                    | <div>21</div> <div>WG FRENCH TOAST STICKS 250 cal</div> <div>Apple</div> <div>Fresh Navel Orange</div> <div>Grapes, Fresh 69 cal</div> <div>Fresh Strawberries</div> <div>Cantaloupe</div> <div>Honeydew</div> <div>Watermelon</div> <div>Kiwi, Fresh 61 cal</div> <div>Pear, Fresh 57 cal</div> <div>Apple Juice 60 cal</div> <div>Grape Juice 80 cal</div> <div>100% Orange Juice 60 cal</div> <div>Apple Cherry Juice 104 cal</div> <div>Strawberry Kiwi Juice</div> | <div>22</div> <div>CHICKEN AND WAFFLE SANDWICH</div> <div>Apple</div> <div>Fresh Navel Orange</div> <div>Grapes, Fresh 69 cal</div> <div>Fresh Strawberries</div> <div>Cantaloupe</div> <div>Honeydew</div> <div>Watermelon</div> <div>Kiwi, Fresh 61 cal</div> <div>Pear, Fresh 57 cal</div> <div>Pineapple Tidbits 60 cal</div> <div>Pineapple Chunks</div>                                  | <div>23</div> <div>CINNAMON ROLL 250 cal</div> <div>Apple</div> <div>Fresh Navel Orange</div> <div>Grapes, Fresh 69 cal</div> <div>Fresh Strawberries</div> <div>Cantaloupe</div> <div>Honeydew</div> <div>Watermelon</div> <div>Kiwi, Fresh 61 cal</div> <div>Pear, Fresh 57 cal</div> <div>Apple Juice 60 cal</div> <div>Grape Juice 80 cal</div> <div>100% Orange Juice 60 cal</div> <div>Apple Cherry Juice 104 cal</div> <div>Strawberry Kiwi Juice</div> |
| <div>26</div> <div>EGG SCRAMBLER 230 cal</div> <div>Apple</div> <div>Banana</div> <div>Fresh Navel Orange</div> <div>Grapes, Fresh 69 cal</div> <div>Fresh Strawberries</div> <div>Cantaloupe</div> <div>Honeydew</div> <div>Watermelon</div> <div>Kiwi, Fresh 61 cal</div> <div>Pear, Fresh 57 cal</div> <div>Apple Juice 60 cal</div> <div>Grape Juice 80 cal</div> <div>100% Orange Juice 60 cal</div> <div>Apple Cherry Juice 104 cal</div> <div>Strawberry Kiwi Juice</div>                                                          | <div>27</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>Apple</div> <div>Fresh Navel Orange</div> <div>Grapes, Fresh 69 cal</div> <div>Fresh Strawberries</div> <div>Cantaloupe</div> <div>Honeydew</div> <div>Watermelon</div> <div>Kiwi, Fresh 61 cal</div> <div>Pear, Fresh 57 cal</div> <div>Pineapple Tidbits 60 cal</div> <div>Pineapple Chunks</div> | <div>28</div> <div>STUFFED BAGEL 170 cal</div> <div>Apple</div> <div>Fresh Navel Orange</div> <div>Grapes, Fresh 69 cal</div> <div>Fresh Strawberries</div> <div>Cantaloupe</div> <div>Honeydew</div> <div>Watermelon</div> <div>Kiwi, Fresh 61 cal</div> <div>Pear, Fresh 57 cal</div> <div>Apple Juice 60 cal</div> <div>Grape Juice 80 cal</div> <div>100% Orange Juice 60 cal</div> <div>Apple Cherry Juice 104 cal</div> <div>Strawberry Kiwi Juice</div>          | <div>29</div> <div>MUFFIN BITES 360 cal</div> <div>Breakfast Fruit Salad 57 cal</div> <div>Apple</div> <div>Fresh Navel Orange</div> <div>Grapes, Fresh 69 cal</div> <div>Fresh Strawberries</div> <div>Cantaloupe</div> <div>Honeydew</div> <div>Watermelon</div> <div>Kiwi, Fresh 61 cal</div> <div>Pear, Fresh 57 cal</div> <div>Pineapple Tidbits 60 cal</div> <div>Pineapple Chunks</div> | <div>30</div> <div>PIZZA BAGEL 225 cal</div> <div>Apple</div> <div>Fresh Navel Orange</div> <div>Grapes, Fresh 69 cal</div> <div>Fresh Strawberries</div> <div>Cantaloupe</div> <div>Honeydew</div> <div>Watermelon</div> <div>Kiwi, Fresh 61 cal</div> <div>Pear, Fresh 57 cal</div> <div>Apple Juice 60 cal</div> <div>Grape Juice 80 cal</div> <div>100% Orange Juice 60 cal</div> <div>Apple Cherry Juice 104 cal</div> <div>Strawberry Kiwi Juice</div>   |