



BREAKFAST OCTOBER 2026

Jean O Dell Learning Center

Polk County Public Schools

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

- 5**
- WG Maple Flavored Mini Pancakes
 - WG Blueberry Flavored Mini Pancakes
 - WG Banana Muffin 270 cal
 - WG Double Chocolate Chip Muffin Top 260 cal
 - Colby Jack Cheese Stick
 - String Cheese, Mozzarella

- 6**
- Breakfast Calzone** 180 cal
- Cool Cow Strawberry Banana Smoothie 120 cal
 - Cool Cow Peach Smoothie 110 cal
 - Apple Cinnamon Bear Graham 120 cal
 - Vanilla Bear Graham 120 cal
 - Chocolate Bear Graham 110 cal
 - Frozen Fruit Cup 80 cal

- 7**
- WG Double Chocolate Chip Muffin Top** 260 cal
- WG Sweet Potato Chocolate Chip Muffin 260 cal
 - WG Banana Muffin 270 cal
 - Colby Jack Cheese Stick
 - String Cheese, Mozzarella

- 1**
- Chicken and Waffle Sandwich**
- Cool Cow Peach Smoothie 110 cal
 - Cool Cow Strawberry Banana Smoothie 120 cal
 - Apple Cinnamon Bear Graham 120 cal
 - Chocolate Bear Graham 110 cal
 - Vanilla Bear Graham 120 cal
 - Fruit Cup

- 2**
- Breakfast Pizza** 190 cal
- WG Double Chocolate Chip Muffin Top 260 cal
 - WG Banana Muffin 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick

- 12**
- Snack'n Waffles Buttery Maple**
- Snack'n Waffles Sweet Cinnamon
 - Snack'n Waffles Wild Blueberry
 - Snack'n Cosmic Waffle 250 cal
 - WG Double Chocolate Chip Muffin Top 260 cal
 - WG Banana Muffin 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick

- 13**
- Pancake Wrap** 200 cal
- Cool Cow Peach Smoothie 110 cal
 - Cool Cow Strawberry Banana Smoothie 120 cal
 - Apple Cinnamon Bear Graham 120 cal
 - Chocolate Bear Graham 110 cal
 - Vanilla Bear Graham 120 cal
 - Fruit Cup

- 14**
- WG Fruity Pancake Bowl, Peach** 230 cal
- WG Double Chocolate Chip Muffin Top 260 cal
 - WG Banana Muffin 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick

- 15**
- Chicken and Waffle Sandwich**
- Cool Cow Peach Smoothie 110 cal
 - Cool Cow Strawberry Banana Smoothie 120 cal
 - Apple Cinnamon Bear Graham 120 cal
 - Chocolate Bear Graham 110 cal
 - Vanilla Bear Graham 120 cal
 - Fruit Cup

- 16**
- No menu published

- 19**
- WG Blueberry Flavored Mini Pancakes**
- WG Maple Flavored Mini Pancakes
 - WG Double Chocolate Chip Muffin Top 260 cal
 - WG Banana Muffin 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick

- 20**
- Bagel**
- Cream Cheese
 - Cool Cow Peach Smoothie 110 cal
 - Cool Cow Strawberry Banana Smoothie 120 cal
 - Apple Cinnamon Bear Graham 120 cal
 - Chocolate Bear Graham 110 cal
 - Vanilla Bear Graham 120 cal
 - Fruit Cup

- 21**
- WG Double Chocolate Chip Muffin Top** 260 cal
- WG Sweet Potato Chocolate Chip Muffin 260 cal
 - WG Banana Muffin 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick

- 22**
- Turkey Ham and Cheese Croissant** 185 cal
- Cool Cow Peach Smoothie 110 cal
 - Cool Cow Strawberry Banana Smoothie 120 cal
 - Apple Cinnamon Bear Graham 120 cal
 - Chocolate Bear Graham 110 cal
 - Vanilla Bear Graham 120 cal
 - Fruit Cup

- 23**
- Cinnamon Toast Crunch Soft Bar** 260 cal
- WG Double Chocolate Chip Muffin Top 260 cal
 - WG Banana Muffin 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick

- 26**
- Nature Valley Soft Oatmeal Round Banana Chocolate Chip** 270 cal
- WG Double Chocolate Chip Muffin Top 260 cal
 - WG Banana Muffin 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick

- 27**
- Pancake Wrap** 200 cal
- Cool Cow Peach Smoothie 110 cal
 - Cool Cow Strawberry Banana Smoothie 120 cal
 - Apple Cinnamon Bear Graham 120 cal
 - Chocolate Bear Graham 110 cal
 - Vanilla Bear Graham 120 cal
 - Fruit Cup

- 28**
- WG Fruity Pancake Bowl, Peach** 230 cal
- WG Double Chocolate Chip Muffin Top 260 cal
 - WG Banana Muffin 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick

- 29**
- Chicken and Waffle Sandwich**
- Cool Cow Peach Smoothie 110 cal
 - Cool Cow Strawberry Banana Smoothie 120 cal
 - Apple Cinnamon Bear Graham 120 cal
 - Chocolate Bear Graham 110 cal
 - Vanilla Bear Graham 120 cal
 - Fruit Cup

- 30**
- Breakfast Pizza** 190 cal
- WG Double Chocolate Chip Muffin Top 260 cal
 - WG Banana Muffin 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick

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.

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