



BREAKFAST OCTOBER 2026

Kathleen Senior High
Polk County Public Schools



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

EVERY DAY

Fresh Fruit

Menu subject to change.

- 5
- 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

- 6
- Stuffed Bagel 170 cal
 - Turkey Sausage and Cheese English Muffin 225 cal
 - Cool Cow Peach Smoothie 110 cal
 - Cool Cow Strawberry Banana Smoothie 120 cal

- 7
- French Toast Bites 270 cal
 - Chicken Biscuit Sandwich 236 cal
 - WG Banana Muffin 270 cal
 - WG Double Chocolate Chip Muffin Top 260 cal

- 1
- 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
- 8
- Pancake Wrap 200 cal
 - Turkey Sausage and Cheese English Muffin 225 cal
 - Cool Cow Strawberry Banana Smoothie 120 cal
 - Cool Cow Peach Smoothie 110 cal

- 2
- Pizza Bagel 225 cal
 - Chicken Biscuit Sandwich 236 cal
 - WG Double Chocolate Chip Muffin Top 260 cal
 - WG Banana Muffin 270 cal
- 9
- Cinnamon Roll 250 cal
 - Chicken Biscuit Sandwich 236 cal
 - WG Banana Muffin 270 cal
 - WG Double Chocolate Chip Muffin Top 260 cal

- 12
- 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

- 13
- 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

- 14
- 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

- 15
- Breaded Chicken Waffle Sandwich 170 cal
 - Turkey Sausage and Cheese English Muffin 225 cal
 - Cool Cow Peach Smoothie 110 cal
 - Cool Cow Strawberry Banana Smoothie 120 cal

- 16
- No menu published

- 19
- 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 89 cal
 - Banana 89 cal
 - Fresh Navel Orange 69 cal
 - Grapes, Fresh 69 cal
 - Kiwi, Fresh 61 cal
 - Fresh Strawberries 61 cal
 - Cantaloupe 61 cal
 - Honeydew 61 cal
 - Watermelon 61 cal
 - 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

- 20
- Stuffed Bagel 170 cal
 - Turkey Sausage and Cheese English Muffin 225 cal
 - Cool Cow Peach Smoothie 110 cal
 - Cool Cow Strawberry Banana Smoothie 120 cal
 - Apple 89 cal
 - Banana 89 cal
 - Fresh Strawberries 69 cal
 - Fresh Navel Orange 61 cal
 - Kiwi, Fresh 61 cal
 - Cantaloupe 61 cal
 - Honeydew 61 cal
 - Watermelon 61 cal
 - 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

- 21
- French Toast Bites 270 cal
 - Chicken Biscuit Sandwich 236 cal
 - WG Banana Muffin 270 cal
 - WG Double Chocolate Chip Muffin Top 260 cal
 - Apple 89 cal
 - Banana 89 cal
 - Fresh Strawberries 69 cal
 - Fresh Navel Orange 61 cal
 - Kiwi, Fresh 61 cal
 - Cantaloupe 61 cal
 - Honeydew 61 cal
 - Watermelon 61 cal
 - 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

- 22
- 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 89 cal
 - Banana 89 cal
 - Fresh Strawberries 69 cal
 - Fresh Navel Orange 61 cal
 - Kiwi, Fresh 61 cal
 - Cantaloupe 61 cal
 - Honeydew 61 cal
 - Watermelon 61 cal
 - 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

- 23
- Cinnamon Roll 250 cal
 - Chicken Biscuit Sandwich 236 cal
 - WG Banana Muffin 270 cal
 - WG Double Chocolate Chip Muffin Top 260 cal
 - Apple 89 cal
 - Banana 89 cal
 - Fresh Strawberries 69 cal
 - Fresh Navel Orange 61 cal
 - Kiwi, Fresh 61 cal
 - Cantaloupe 61 cal
 - Honeydew 61 cal
 - Watermelon 61 cal
 - 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
- 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 89 cal
 - Banana 89 cal
 - Fresh Navel Orange 69 cal
 - Kiwi, Fresh 61 cal
 - Fresh Strawberries 61 cal
 - Cantaloupe 61 cal
 - Honeydew 61 cal
 - Watermelon 61 cal
 - 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
- 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 89 cal
 - Banana 89 cal
 - Fresh Strawberries 69 cal
 - Fresh Navel Orange 61 cal
 - Kiwi, Fresh 61 cal
 - Cantaloupe 61 cal
 - Honeydew 61 cal
 - Watermelon 61 cal
 - 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

- 28
- 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 89 cal
 - Banana 89 cal
 - Fresh Strawberries 69 cal
 - Fresh Navel Orange 61 cal
 - Kiwi, Fresh 61 cal
 - Cantaloupe 61 cal
 - Honeydew 61 cal
 - Watermelon 61 cal
 - 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

- 29
- 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 89 cal
 - Banana 89 cal
 - Fresh Strawberries 69 cal
 - Fresh Navel Orange 61 cal
 - Kiwi, Fresh 61 cal
 - Cantaloupe 61 cal
 - Honeydew 61 cal
 - Watermelon 61 cal
 - 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

- 30
- Pizza Bagel 225 cal
 - Chicken Biscuit Sandwich 236 cal
 - WG Double Chocolate Chip Muffin Top 260 cal
 - WG Banana Muffin 270 cal
 - Apple 89 cal
 - Banana 89 cal
 - Fresh Strawberries 69 cal
 - Fresh Navel Orange 61 cal
 - Kiwi, Fresh 61 cal
 - Cantaloupe 61 cal
 - Honeydew 61 cal
 - Watermelon 61 cal
 - 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