



BREAKFAST OCTOBER 2026

Lake Alfred Elementary

Polk County Public Schools



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 Muffin Bites 360 cal Breakfast Fruit Salad 57 cal	2 Pizza Bagel 225 cal
5 WG Blueberry Flavored Mini Pancakes WG Maple Flavored Mini Pancakes	6 Breakfast Calzone 180 cal	7 French Toast Bites 270 cal	8 Minion Burrito 210 cal	9 Nature Valley Soft Oatmeal Round Banana Chocolate Chip 270 cal String Cheese, Mozzarella Colby Jack Cheese Stick
12 Omelet with Colby Cheese 120 cal WGR Cinnamon Swirl Bread 80 cal	13 Snack'n Cosmic Waffle 250 cal Snack'n Waffles Buttery Maple Snack'n Waffles Sweet Cinnamon Snack'n Waffles Wild Blueberry	14 Pancake Wrap 200 cal	15 Sunrise Bites- Maple 120 cal Sweet Puffs 230 cal Whipped Topping	16 No menu published
19 WG Blueberry Flavored Mini Pancakes WG Maple Flavored Mini Pancakes Apple Banana Fresh Navel Orange Fresh Strawberries Grapes, Fresh 69 cal Cantaloupe Honeydew Watermelon Kiwi, Fresh 61 cal Pear, Fresh 57 cal Apple Juice 60 cal Grape Juice 80 cal 100% Orange Juice 60 cal Apple Cherry Juice 104 cal Strawberry Kiwi Juice	20 Three Cheese Egg Bite 90 cal WGR Cinnamon Swirl Bread 80 cal Apple Fresh Navel Orange Grapes, Fresh 69 cal Fresh Strawberries Cantaloupe Honeydew Watermelon Kiwi, Fresh 61 cal Pear, Fresh 57 cal Pineapple Tidbits 60 cal Pineapple Chunks	21 WG French Toast Sticks 250 cal Apple Fresh Navel Orange Grapes, Fresh 69 cal Fresh Strawberries Cantaloupe Honeydew Watermelon Kiwi, Fresh 61 cal Pear, Fresh 57 cal Apple Juice 60 cal Grape Juice 80 cal 100% Orange Juice 60 cal Apple Cherry Juice 104 cal Strawberry Kiwi Juice	22 Chicken and Waffle Sandwich Apple Fresh Navel Orange Grapes, Fresh 69 cal Fresh Strawberries Cantaloupe Honeydew Watermelon Kiwi, Fresh 61 cal Pear, Fresh 57 cal Apple Juice 60 cal Pineapple Tidbits Pineapple Chunks	23 Cinnamon Roll 250 cal Apple Fresh Navel Orange Grapes, Fresh 69 cal Fresh Strawberries Cantaloupe Honeydew Watermelon Kiwi, Fresh 61 cal Pear, Fresh 57 cal Apple Juice 60 cal Grape Juice 80 cal 100% Orange Juice 60 cal Apple Cherry Juice 104 cal Strawberry Kiwi Juice
26 Egg Scrambler 230 cal Apple Banana 89 cal Fresh Navel Orange Grapes, Fresh 69 cal Fresh Strawberries Cantaloupe Honeydew Watermelon Kiwi, Fresh 61 cal Pear, Fresh 57 cal Apple Juice 60 cal Grape Juice 80 cal 100% Orange Juice 60 cal Apple Cherry Juice 104 cal Strawberry Kiwi Juice	27 Snack'n Cosmic Waffle 250 cal Snack'n Waffles Buttery Maple Snack'n Waffles Sweet Cinnamon Snack'n Waffles Wild Blueberry Apple Fresh Navel Orange Grapes, Fresh 69 cal Fresh Strawberries Cantaloupe Honeydew Watermelon Kiwi, Fresh 61 cal Pear, Fresh 57 cal Pineapple Tidbits 60 cal Pineapple Chunks	28 Stuffed Bagel 170 cal Apple Fresh Navel Orange Grapes, Fresh 69 cal Fresh Strawberries Cantaloupe Honeydew Watermelon Kiwi, Fresh 61 cal Pear, Fresh 57 cal Apple Juice 60 cal Grape Juice 80 cal 100% Orange Juice 60 cal Apple Cherry Juice 104 cal Strawberry Kiwi Juice	29 Muffin Bites 360 cal Breakfast Fruit Salad 57 cal Apple Fresh Navel Orange Grapes, Fresh 69 cal Fresh Strawberries Cantaloupe Honeydew Watermelon Kiwi, Fresh 61 cal Pear, Fresh 57 cal Apple Juice 60 cal Pineapple Tidbits Pineapple Chunks	30 Pizza Bagel 225 cal Apple Fresh Navel Orange Grapes, Fresh 69 cal Fresh Strawberries Cantaloupe Honeydew Watermelon Kiwi, Fresh 61 cal Pear, Fresh 57 cal Apple Juice 60 cal Grape Juice 80 cal 100% Orange Juice 60 cal Apple Cherry Juice 104 cal Strawberry Kiwi Juice

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.