



BREAKFAST

OCTOBER 2026

Lake Gibson Middle School

Polk County Public Schools



Monday

Tuesday

Wednesday

Thursday

Friday

5

WG BLUEBERRY FLAVORED MINI PANCAKES

WG Maple Flavored Mini Pancakes

6

BREAKFAST CALZONE 180 cal

7

FRENCH TOAST BITES 270 cal

Strawberry Yogurt Cup 90 cal

Vanilla Yogurt Cup 90 cal

1

MUFFIN BITES 360 cal

Breakfast Fruit Salad 57 cal

2

PIZZA BAGEL 225 cal

12

OMELET WITH COLBY CHEESE 120 cal

Seasoned Mini Potato Pancakes 180 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 89 cal

Banana 89 cal

Fresh Navel Orange

Grapes, Fresh 69 cal

Kiwi, Fresh 61 cal

Fresh Strawberries

Cantaloupe

Honeydew

Watermelon

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

Banana 89 cal

Fresh Navel Orange

Grapes, Fresh 69 cal

Kiwi, Fresh 61 cal

Fresh Strawberries

Cantaloupe

Honeydew

Watermelon

Pear, Fresh 57 cal

Pineapple Tidbits 60 cal

Pineapple Chunks

21

BAGEL

Cream Cheese Cups

Apple

Banana 89 cal

Fresh Navel Orange

Grapes, Fresh 69 cal

Kiwi, Fresh 61 cal

Fresh Strawberries

Cantaloupe

Honeydew

Watermelon

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

Banana 89 cal

Fresh Navel Orange

Grapes, Fresh 69 cal

Kiwi, Fresh 61 cal

Fresh Strawberries

Cantaloupe

Honeydew

Watermelon

Pear, Fresh 57 cal

Pineapple Tidbits 60 cal

Pineapple Chunks

23

CINNAMON ROLL 250 cal

Apple

Banana 89 cal

Fresh Navel Orange

Grapes, Fresh 69 cal

Kiwi, Fresh 61 cal

Fresh Strawberries

Cantaloupe

Honeydew

Watermelon

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

EGG SCRAMBLER 230 cal

Apple

Banana 89 cal

Fresh Navel Orange

Grapes, Fresh 69 cal

Fresh Strawberries

Kiwi, Fresh 61 cal

Watermelon

Cantaloupe

Honeydew

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

SNACK'N COSMIC WAFFLE 250 cal

Snack'n Waffles Buttery Maple

Snack'n Waffles Sweet Cinnamon

Snack'n Waffles Wild Blueberry

Apple

Banana 89 cal

Fresh Navel Orange

Grapes, Fresh 69 cal

Fresh Strawberries

Kiwi, Fresh 61 cal

Watermelon

Cantaloupe

Honeydew

Pear, Fresh 57 cal

Pineapple Tidbits 60 cal

Pineapple Chunks

28

TURKEY SAUSAGE AND CHEESE CROISSANT 215 cal

Apple

Banana 89 cal

Fresh Navel Orange

Grapes, Fresh 69 cal

Fresh Strawberries

Kiwi, Fresh 61 cal

Watermelon

Cantaloupe

Honeydew

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

MUFFIN BITES 360 cal

Breakfast Fruit Salad 57 cal

Apple

Banana 89 cal

Fresh Navel Orange

Grapes, Fresh 69 cal

Fresh Strawberries

Kiwi, Fresh 61 cal

Watermelon

Cantaloupe

Honeydew

Pear, Fresh 57 cal

Pineapple Tidbits 60 cal

Pineapple Chunks

30

PIZZA BAGEL 225 cal

Apple

Banana 89 cal

Fresh Navel Orange

Grapes, Fresh 69 cal

Fresh Strawberries

Kiwi, Fresh 61 cal

Cantaloupe

Honeydew

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