



BREAKFAST OCTOBER 2026

Lake Shipp Elementary

Polk County Public Schools

LAKE SHIPP
ELEMENTARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5

- WG Blueberry Flavored Mini Pancakes
- WG Maple Flavored Mini Pancakes

12

- Omelet with Colby Cheese 120 cal
- WGR Cinnamon Swirl Bread 80 cal

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

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

6

- Breakfast Calzone 180 cal

13

- Snack'n Cosmic Waffle 250 cal
- Snack'n Waffles Buttery Maple
- Snack'n Waffles Sweet Cinnamon
- Snack'n Waffles Wild Blueberry

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

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

7

- French Toast Bites 270 cal

14

- Pancake Wrap 200 cal

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

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

1

- Muffin Bites 360 cal
- Breakfast Fruit Salad 57 cal

8

- Minion Burrito 210 cal

15

- Sunrise Bites- Maple 120 cal
- Sweet Puffs 230 cal
- Whipped Topping

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
- Pineapple Tidbits 60 cal
- Pineapple Chunks

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
- Pineapple Tidbits 60 cal
- Pineapple Chunks

2

- Pizza Bagel 225 cal

9

- Nature Valley Soft Oatmeal Round Banana Chocolate Chip
- String Cheese, Mozzarella
- Colby Jack Cheese Stick

16

No menu published

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

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