



BREAKFAST

OCTOBER 2026

Lakeland Highlands Middle

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 69 cal
 Grapes, Fresh 61 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 89 cal
 Banana 89 cal
 Fresh Navel Orange 69 cal
 Grapes, Fresh 61 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 89 cal
 Banana 89 cal
 Fresh Navel Orange 69 cal
 Grapes, Fresh 61 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 89 cal
 Banana 89 cal
 Fresh Navel Orange 69 cal
 Grapes, Fresh 61 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 89 cal
 Banana 89 cal
 Fresh Navel Orange 69 cal
 Grapes, Fresh 61 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 89 cal
 Banana 89 cal
 Fresh Navel Orange 69 cal
 Grapes, Fresh 61 cal
 Kiwi, Fresh 61 cal
 Watermelon
 Cantaloupe
 Honeydew
 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 89 cal
 Banana 89 cal
 Fresh Navel Orange 69 cal
 Grapes, Fresh 61 cal
 Kiwi, Fresh 61 cal
 Fresh Strawberries
 Cantaloupe
 Honeydew
 Watermelon
 Pear, Fresh 57 cal
 Pineapple Tidbits 60 cal
 Pineapple Chunks

28

TURKEY SAUSAGE AND CHEESE CROISSANT 215 cal
 Apple 89 cal
 Banana 89 cal
 Fresh Navel Orange 69 cal
 Grapes, Fresh 61 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

29

MUFFIN BITES 360 cal
 Breakfast Fruit Salad 57 cal
 Apple 89 cal
 Banana 89 cal
 Fresh Navel Orange 69 cal
 Grapes, Fresh 61 cal
 Kiwi, Fresh 61 cal
 Fresh Strawberries
 Cantaloupe
 Honeydew
 Watermelon
 Pear, Fresh 57 cal
 Pineapple Tidbits 60 cal
 Pineapple Chunks

30

PIZZA BAGEL 225 cal
 Apple 89 cal
 Banana 89 cal
 Fresh Navel Orange 69 cal
 Grapes, Fresh 61 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