



BREAKFAST OCTOBER 2026

Lakeland Senior High

Polk County Public Schools



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			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	PIZZA BAGEL 225 cal Chicken Biscuit Sandwich 236 cal WG Double Chocolate Chip Muffin Top 260 cal WG Banana Muffin 270 cal
5	6	7	8	9
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	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	FRENCH TOAST BITES 270 cal Chicken Biscuit Sandwich 236 cal WG Banana Muffin 270 cal WG Double Chocolate Chip Muffin Top 260 cal	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	CINNAMON ROLL 250 cal Chicken Biscuit Sandwich 236 cal WG Banana Muffin 270 cal WG Double Chocolate Chip Muffin Top 260 cal
12	13	14	15	16
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	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	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	BREADED CHICKEN MAPLE 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	No menu published
19	20	21	22	23
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 Grapes, Fresh 69 cal Fresh Navel Orange 61 cal Kiwi, Fresh 61 cal Cantaloupe 57 cal Honeydew 60 cal Watermelon 60 cal Pear, Fresh 80 cal Apple Juice 104 cal 100% Orange Juice 80 cal Grape Juice 104 cal Strawberry Kiwi Juice	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 Grapes, Fresh 69 cal Fresh Navel Orange 61 cal Kiwi, Fresh 61 cal Cantaloupe 57 cal Honeydew 60 cal Watermelon 60 cal Pear, Fresh 80 cal Apple Juice 104 cal 100% Orange Juice 80 cal Grape Juice 104 cal Strawberry Kiwi Juice	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 Grapes, Fresh 69 cal Fresh Navel Orange 61 cal Kiwi, Fresh 61 cal Cantaloupe 57 cal Honeydew 60 cal Watermelon 60 cal Pear, Fresh 80 cal Apple Juice 104 cal 100% Orange Juice 80 cal Grape Juice 104 cal Strawberry Kiwi Juice	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 Grapes, Fresh 69 cal Fresh Navel Orange 61 cal Kiwi, Fresh 61 cal Cantaloupe 57 cal Honeydew 60 cal Watermelon 60 cal Pear, Fresh 80 cal Apple Juice 104 cal 100% Orange Juice 80 cal Grape Juice 104 cal Strawberry Kiwi Juice	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 Grapes, Fresh 69 cal Fresh Navel Orange 61 cal Kiwi, Fresh 61 cal Cantaloupe 57 cal Honeydew 60 cal Watermelon 60 cal Pear, Fresh 80 cal Apple Juice 104 cal 100% Orange Juice 80 cal Grape Juice 104 cal Strawberry Kiwi Juice
26	27	28	29	30
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 Grapes, Fresh 69 cal Fresh Navel Orange 61 cal Kiwi, Fresh 61 cal Cantaloupe 57 cal Honeydew 60 cal Watermelon 60 cal Pear, Fresh 80 cal Apple Juice 104 cal 100% Orange Juice 80 cal Grape Juice 104 cal Strawberry Kiwi Juice	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 Grapes, Fresh 69 cal Fresh Navel Orange 61 cal Kiwi, Fresh 61 cal Cantaloupe 57 cal Honeydew 60 cal Watermelon 60 cal Pear, Fresh 80 cal Apple Juice 104 cal 100% Orange Juice 80 cal Grape Juice 104 cal Strawberry Kiwi Juice	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 Grapes, Fresh 69 cal Fresh Navel Orange 61 cal Kiwi, Fresh 61 cal Cantaloupe 57 cal Honeydew 60 cal Watermelon 60 cal Pear, Fresh 80 cal Apple Juice 104 cal 100% Orange Juice 80 cal Grape Juice 104 cal Strawberry Kiwi Juice	CHICKEN AND 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 Apple 89 cal Banana 89 cal Grapes, Fresh 69 cal Fresh Navel Orange 61 cal Kiwi, Fresh 61 cal Cantaloupe 57 cal Honeydew 60 cal Watermelon 60 cal Pear, Fresh 80 cal Apple Juice 104 cal 100% Orange Juice 80 cal Grape Juice 104 cal Strawberry Kiwi Juice	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 Grapes, Fresh 69 cal Fresh Navel Orange 61 cal Kiwi, Fresh 61 cal Cantaloupe 57 cal Honeydew 60 cal Watermelon 60 cal Pear, Fresh 80 cal Apple Juice 104 cal 100% Orange Juice 80 cal Grape Juice 104 cal Strawberry Kiwi Juice

Served every day:
Fresh Fruit

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.

nutrislice