



BREAKFAST OCTOBER 2026

Laurel Avenue Elementary

Polk County Public Schools



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

- 5
- WG Maple Flavored Mini Pancakes
 - WG Blueberry Flavored Mini Pancakes
 - WG Banana Muffin 270 cal
 - WG Double Chocolate Chip Muffin Top 260 cal
 - Colby Jack Cheese Stick
 - String Cheese, Mozzarella

- 6
- Breakfast Calzone 180 cal
- Cool Cow Strawberry Banana Smoothie 120 cal
 - Cool Cow Peach Smoothie 110 cal
 - Apple Cinnamon Bear Graham 120 cal
 - Vanilla Bear Graham 120 cal
 - Chocolate Bear Graham 110 cal
 - Frozen Fruit Cup 80 cal

- 7
- WG Double Chocolate Chip Muffin Top 260 cal
- WG Sweet Potato Chocolate Chip Muffin 260 cal
 - WG Banana Muffin 270 cal
 - Colby Jack Cheese Stick
 - String Cheese, Mozzarella

- 1
- Chicken and Waffle Sandwich
- Cool Cow Peach Smoothie 110 cal
 - Cool Cow Strawberry Banana Smoothie 120 cal
 - Apple Cinnamon Bear Graham 120 cal
 - Chocolate Bear Graham 110 cal
 - Vanilla Bear Graham 120 cal
 - Fruit Cup

- 2
- Breakfast Pizza 190 cal
- WG Double Chocolate Chip Muffin Top 260 cal
 - WG Banana Muffin 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick

- 12
- Snack'n Waffles Buttery Maple
- Snack'n Waffles Sweet Cinnamon
 - Snack'n Waffles Wild Blueberry
 - Snack'n Cosmic Waffle 250 cal
 - WG Double Chocolate Chip Muffin Top 260 cal
 - WG Banana Muffin 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick

- 13
- Pancake Wrap 200 cal
- Cool Cow Peach Smoothie 110 cal
 - Cool Cow Strawberry Banana Smoothie 120 cal
 - Apple Cinnamon Bear Graham 120 cal
 - Chocolate Bear Graham 110 cal
 - Vanilla Bear Graham 120 cal
 - Fruit Cup

- 14
- WG Fruity Pancake Bowl, Peach 230 cal
- WG Double Chocolate Chip Muffin Top 260 cal
 - WG Banana Muffin 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick

- 15
- Chicken and Waffle Sandwich
- Cool Cow Peach Smoothie 110 cal
 - Cool Cow Strawberry Banana Smoothie 120 cal
 - Apple Cinnamon Bear Graham 120 cal
 - Chocolate Bear Graham 110 cal
 - Vanilla Bear Graham 120 cal
 - Fruit Cup

16

No menu published

- 19
- WG Blueberry Flavored Mini Pancakes
- WG Maple Flavored Mini Pancakes
 - WG Double Chocolate Chip Muffin Top 260 cal
 - WG Banana Muffin 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick

- 20
- Bagel
- Cream Cheese
 - Cool Cow Peach Smoothie 110 cal
 - Cool Cow Strawberry Banana Smoothie 120 cal
 - Apple Cinnamon Bear Graham 120 cal
 - Chocolate Bear Graham 110 cal
 - Vanilla Bear Graham 120 cal
 - Fruit Cup

- 21
- WG Double Chocolate Chip Muffin Top 260 cal
- WG Sweet Potato Chocolate Chip Muffin 260 cal
 - WG Banana Muffin 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick

- 22
- Turkey Ham and Cheese Croissant 185 cal
- Cool Cow Peach Smoothie 110 cal
 - Cool Cow Strawberry Banana Smoothie 120 cal
 - Apple Cinnamon Bear Graham 120 cal
 - Chocolate Bear Graham 110 cal
 - Vanilla Bear Graham 120 cal
 - Fruit Cup

- 23
- Cinnamon Toast Crunch Soft Bar 260 cal
- WG Double Chocolate Chip Muffin Top 260 cal
 - WG Banana Muffin 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick

- 26
- Nature Valley Soft Oatmeal Round Banana Chocolate Chip 270 cal
- WG Double Chocolate Chip Muffin Top 260 cal
 - WG Banana Muffin 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick

- 27
- Pancake Wrap 200 cal
- Cool Cow Peach Smoothie 110 cal
 - Cool Cow Strawberry Banana Smoothie 120 cal
 - Apple Cinnamon Bear Graham 120 cal
 - Chocolate Bear Graham 110 cal
 - Vanilla Bear Graham 120 cal
 - Fruit Cup

- 28
- WG Fruity Pancake Bowl, Peach 230 cal
- WG Double Chocolate Chip Muffin Top 260 cal
 - WG Banana Muffin 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick

- 29
- Chicken and Waffle Sandwich
- Cool Cow Peach Smoothie 110 cal
 - Cool Cow Strawberry Banana Smoothie 120 cal
 - Apple Cinnamon Bear Graham 120 cal
 - Chocolate Bear Graham 110 cal
 - Vanilla Bear Graham 120 cal
 - Fruit Cup

- 30
- Breakfast Pizza 190 cal
- WG Double Chocolate Chip Muffin Top 260 cal
 - WG Banana Muffin 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick

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.

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