



BREAKFAST OCTOBER 2026

Lena Vista 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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