



Polk City Elementary

Breakfast · October 2026



Monday

Tuesday

Wednesday

Thursday

Friday

WG Blueberry Flavored Mini Pancakes
WG Maple Flavored Mini Pancakes

5

Breakfast Calzone

6

180 cal

French Toast Bites

7

270 cal

Muffin Bites
Breakfast Fruit Salad

1

360 cal
57 cal

Pizza Bagel

2

225 cal

Omelet with Colby Cheese

12

WGR Cinnamon Swirl Bread

120 cal

80 cal

Snack'n Cosmic Waffle

13

250 cal

Snack'n Waffles Buttery Maple
Snack'n Waffles Sweet Cinnamon
Snack'n Waffles Wild Blueberry

Pancake Wrap

14

200 cal

Sunrise Bites-Maple

15

Sweet Puffs
Whipped Topping

120 cal
230 cal

No menu published

16

WG Blueberry Flavored Mini Pancakes
WG Maple Flavored Mini Pancakes

19

Apple
Banana
Fresh Navel Orange
Fresh Strawberries
Grapes, Fresh
Cantaloupe
Honeydew
Watermelon
Kiwi, Fresh
Pear, Fresh
Apple Juice
Grape Juice
100% Orange Juice
Apple Cherry Juice
Strawberry Kiwi Juice

69 cal

61 cal

57 cal

60 cal

80 cal

60 cal

104 cal

Three Cheese Egg Bite

20

90 cal

WGR Cinnamon Swirl Bread
Apple
Fresh Navel Orange
Grapes, Fresh
Fresh Strawberries
Cantaloupe
Honeydew
Watermelon
Kiwi, Fresh
Pear, Fresh
Pineapple Tidbits
Pineapple Chunks

80 cal

69 cal

61 cal

57 cal

60 cal

WG French Toast Sticks

21

250 cal

Apple
Fresh Navel Orange
Grapes, Fresh
Fresh Strawberries
Cantaloupe
Honeydew
Watermelon
Kiwi, Fresh
Pear, Fresh
Apple Juice
Grape Juice
100% Orange Juice
Apple Cherry Juice
Strawberry Kiwi Juice

69 cal

61 cal

57 cal

60 cal

80 cal

60 cal

104 cal

Chicken and Waffle Sandwich

22

Apple
Fresh Navel Orange
Grapes, Fresh
Fresh Strawberries
Cantaloupe
Honeydew
Watermelon
Kiwi, Fresh
Pear, Fresh
Pineapple Tidbits
Pineapple Chunks

69 cal

61 cal

57 cal

60 cal

Cinnamon Roll

23

250 cal

Apple
Fresh Navel Orange
Grapes, Fresh
Fresh Strawberries
Cantaloupe
Honeydew
Watermelon
Kiwi, Fresh
Pear, Fresh
Apple Juice
Grape Juice
100% Orange Juice
Apple Cherry Juice
Strawberry Kiwi Juice

69 cal

61 cal

57 cal

60 cal

80 cal

60 cal

104 cal

Egg Scrambler

26

230 cal

Apple
Banana
Fresh Navel Orange
Grapes, Fresh
Fresh Strawberries
Cantaloupe
Honeydew
Watermelon
Kiwi, Fresh
Pear, Fresh
Apple Juice
Grape Juice
100% Orange Juice
Apple Cherry Juice
Strawberry Kiwi Juice

89 cal

69 cal

61 cal

57 cal

60 cal

80 cal

60 cal

104 cal

Snack'n Cosmic Waffle

27

250 cal

Snack'n Waffles Buttery Maple
Snack'n Waffles Sweet Cinnamon
Snack'n Waffles Wild Blueberry
Apple
Fresh Navel Orange
Grapes, Fresh
Fresh Strawberries
Cantaloupe
Honeydew
Watermelon
Kiwi, Fresh
Pear, Fresh
Pineapple Tidbits
Pineapple Chunks

69 cal

61 cal

57 cal

60 cal

Stuffed Bagel

28

170 cal

Apple
Fresh Navel Orange
Grapes, Fresh
Fresh Strawberries
Cantaloupe
Honeydew
Watermelon
Kiwi, Fresh
Pear, Fresh
Apple Juice
Grape Juice
100% Orange Juice
Apple Cherry Juice
Strawberry Kiwi Juice

69 cal

61 cal

57 cal

60 cal

80 cal

60 cal

104 cal

Muffin Bites

29

Breakfast Fruit Salad
Apple
Fresh Navel Orange
Grapes, Fresh
Fresh Strawberries
Cantaloupe
Honeydew
Watermelon
Kiwi, Fresh
Pear, Fresh
Pineapple Tidbits
Pineapple Chunks

360 cal

57 cal

69 cal

61 cal

57 cal

60 cal

Pizza Bagel

30

225 cal

Apple
Fresh Navel Orange
Grapes, Fresh
Fresh Strawberries
Cantaloupe
Honeydew
Watermelon
Kiwi, Fresh
Pear, Fresh
Apple Juice
Grape Juice
100% Orange Juice
Apple Cherry Juice
Strawberry Kiwi Juice

69 cal

61 cal

57 cal

60 cal

80 cal

60 cal

104 cal