



BREAKFAST OCTOBER 2026

Rochelle School Of The Arts (6-8)

Polk County Public Schools

Monday	Tuesday	Wednesday	Thursday	Friday
			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
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	8 COOL COW STRAWBERRY BANANA SMOOTHIE 120 cal Cool Cow Peach Smoothie 110 cal Stuffed Bagel 170 cal Apple Cinnamon Bear Graham 120 cal Chocolate Bear Graham 110 cal Vanilla Bear Graham 120 cal Frozen Fruit Cup 80 cal	9 CINNAMON TOAST CRUNCH SOFT BAR 260 cal WG Banana Muffin 270 cal WG Double Chocolate Chip Muffin Top 260 cal Colby Jack Cheese Stick String Cheese, Mozzarella
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