



BREAKFAST OCTOBER 2026

Southwest Middle School

Polk County Public Schools



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 Muffin Bites 360 cal Breakfast Fruit Salad 57 cal	2 Pizza Bagel 225 cal
5 WG Blueberry Flavored Mini Pancakes WG Maple Flavored Mini Pancakes	6 Breakfast Calzone 180 cal	7 French Toast Bites 270 cal Strawberry Yogurt Cup 90 cal Vanilla Yogurt Cup 90 cal	8 Stuffed Bagel 170 cal	9 Nature Valley Soft Oatmeal Round Banana Chocolate Chip 270 cal String Cheese, Mozzarella Colby Jack Cheese Stick
12 Omelet with Colby Cheese 120 cal Seasoned Mini Potato Pancakes 180 cal WGR Cinnamon Swirl Bread 80 cal	13 Snack'n Cosmic Waffle 250 cal Snack'n Waffles Buttery Maple Snack'n Waffles Sweet Cinnamon Snack'n Waffles Wild Blueberry	14 Pancake Wrap 200 cal	15 Sunrise Bites- Maple 120 cal Sweet Puffs 230 cal Whipped Topping	16 No menu published
19 WG Blueberry Flavored Mini Pancakes WG Maple Flavored Mini Pancakes Apple 89 cal Banana 89 cal Fresh Navel Orange 69 cal Grapes, Fresh 61 cal Kiwi, Fresh 61 cal Fresh Strawberries Cantaloupe Honeydew Watermelon Pear, Fresh 57 cal Apple Juice 60 cal Grape Juice 80 cal 100% Orange Juice 60 cal Apple Cherry Juice 104 cal Strawberry Kiwi Juice	20 Three Cheese Egg Bite 90 cal WGR Cinnamon Swirl Bread 80 cal Apple 89 cal Banana 89 cal Fresh Navel Orange 69 cal Grapes, Fresh 61 cal Kiwi, Fresh 61 cal Fresh Strawberries Cantaloupe Honeydew Watermelon Pear, Fresh 57 cal Pineapple Tidbits 60 cal Pineapple Chunks	21 Bagel Cream Cheese Cups Apple 89 cal Banana 89 cal Fresh Navel Orange 69 cal Grapes, Fresh 61 cal Kiwi, Fresh 61 cal Fresh Strawberries Cantaloupe Honeydew Watermelon Pear, Fresh 57 cal Apple Juice 60 cal Grape Juice 80 cal 100% Orange Juice 60 cal Apple Cherry Juice 104 cal Strawberry Kiwi Juice	22 Chicken and Waffle Sandwich Apple 89 cal Banana 89 cal Fresh Navel Orange 69 cal Grapes, Fresh 61 cal Kiwi, Fresh 61 cal Fresh Strawberries Cantaloupe Honeydew Watermelon Pear, Fresh 57 cal Pineapple Tidbits 60 cal Pineapple Chunks	23 Cinnamon Roll 250 cal Apple 89 cal Banana 89 cal Fresh Navel Orange 69 cal Grapes, Fresh 61 cal Kiwi, Fresh 61 cal Fresh Strawberries Cantaloupe Honeydew Watermelon Pear, Fresh 57 cal Apple Juice 60 cal 100% Orange Juice 60 cal Grape Juice 80 cal Apple Cherry Juice 104 cal Strawberry Kiwi Juice
26 Egg Scrambler 230 cal Apple 89 cal Banana 89 cal Fresh Navel Orange 69 cal Grapes, Fresh 61 cal Fresh Strawberries Kiwi, Fresh 61 cal Watermelon Cantaloupe Honeydew Pear, Fresh 57 cal Apple Juice 60 cal 100% Orange Juice 60 cal Grape Juice 80 cal Apple Cherry Juice 104 cal Strawberry Kiwi Juice	27 Snack'n Cosmic Waffle 250 cal Snack'n Waffles Buttery Maple Snack'n Waffles Sweet Cinnamon Snack'n Waffles Wild Blueberry Apple 89 cal Banana 89 cal Fresh Navel Orange 69 cal Grapes, Fresh 61 cal Fresh Strawberries Kiwi, Fresh 61 cal Watermelon Cantaloupe Honeydew Pear, Fresh 57 cal Pineapple Tidbits 60 cal Pineapple Chunks	28 Turkey Sausage and Cheese Croissant 215 cal Apple 89 cal Banana 89 cal Fresh Navel Orange 69 cal Grapes, Fresh 61 cal Fresh Strawberries Kiwi, Fresh 61 cal Watermelon Cantaloupe Honeydew Pear, Fresh 57 cal Apple Juice 60 cal 100% Orange Juice 60 cal Grape Juice 80 cal Apple Cherry Juice 104 cal Strawberry Kiwi Juice	29 Muffin Bites 360 cal Breakfast Fruit Salad 57 cal Apple 89 cal Banana 89 cal Fresh Navel Orange 69 cal Grapes, Fresh 61 cal Fresh Strawberries Kiwi, Fresh 61 cal Watermelon Cantaloupe Honeydew Pear, Fresh 57 cal Pineapple Tidbits 60 cal Pineapple Chunks	30 Pizza Bagel 225 cal Apple 89 cal Banana 89 cal Fresh Navel Orange 69 cal Grapes, Fresh 61 cal Fresh Strawberries Kiwi, Fresh 61 cal Cantaloupe Watermelon Honeydew Pear, Fresh 57 cal Apple Juice 60 cal 100% Orange Juice 60 cal Grape Juice 80 cal Apple Cherry Juice 104 cal Strawberry Kiwi Juice

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