



BREAKFAST OCTOBER 2026

Spessard Holland Elementary

Polk County Public Schools



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

- 5
- WG Blueberry Flavored Mini Pancakes
 - WG Maple Flavored Mini Pancakes

- 6
- Breakfast Calzone 180 cal

- 7
- French Toast Bites 270 cal

- 1
- Muffin Bites 360 cal
 - Breakfast Fruit Salad 57 cal

- 2
- Pizza Bagel 225 cal

- 12
- Omelet with Colby Cheese 120 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

- 8
- Minion Burrito 210 cal
- 15
- Sunrise Bites- Maple 120 cal
 - Sweet Puffs 230 cal
 - Whipped Topping

- 9
- Nature Valley Soft Oatmeal Round Banana Chocolate Chip 270 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick
- 16
- No menu published

- 19
- WG Blueberry Flavored Mini Pancakes
 - WG Maple Flavored Mini Pancakes
 - Apple
 - Banana
 - Fresh Navel Orange
 - Fresh Strawberries
 - Grapes, Fresh 69 cal
 - Cantaloupe
 - Honeydew
 - Watermelon
 - Kiwi, Fresh 61 cal
 - 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
 - Fresh Navel Orange
 - Grapes, Fresh 69 cal
 - Fresh Strawberries
 - Cantaloupe
 - Honeydew
 - Watermelon
 - Kiwi, Fresh 61 cal
 - Pear, Fresh 57 cal
 - Pineapple Tidbits 60 cal
 - Pineapple Chunks

- 21
- WG French Toast Sticks 250 cal
 - Apple
 - Fresh Navel Orange
 - Grapes, Fresh 69 cal
 - Fresh Strawberries
 - Cantaloupe
 - Honeydew
 - Watermelon
 - Kiwi, Fresh 61 cal
 - 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
 - Fresh Navel Orange
 - Grapes, Fresh 69 cal
 - Fresh Strawberries
 - Cantaloupe
 - Honeydew
 - Watermelon
 - Kiwi, Fresh 61 cal
 - Pear, Fresh 57 cal
 - Pineapple Tidbits 60 cal
 - Pineapple Chunks

- 23
- Cinnamon Roll 250 cal
 - Apple
 - Fresh Navel Orange
 - Grapes, Fresh 69 cal
 - Fresh Strawberries
 - Cantaloupe
 - Honeydew
 - Watermelon
 - Kiwi, Fresh 61 cal
 - 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

- 26
- Egg Scrambler 230 cal
 - Apple
 - Banana 89 cal
 - Fresh Navel Orange
 - Grapes, Fresh 69 cal
 - Fresh Strawberries
 - Cantaloupe
 - Honeydew
 - Watermelon
 - Kiwi, Fresh 61 cal
 - 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

- 27
- Snack'n Cosmic Waffle 250 cal
 - Snack'n Waffles Buttery Maple
 - Snack'n Waffles Sweet Cinnamon
 - Snack'n Waffles Wild Blueberry
 - Apple
 - Fresh Navel Orange
 - Grapes, Fresh 69 cal
 - Fresh Strawberries
 - Cantaloupe
 - Honeydew
 - Watermelon
 - Kiwi, Fresh 61 cal
 - Pear, Fresh 57 cal
 - Pineapple Tidbits 60 cal
 - Pineapple Chunks

- 28
- Stuffed Bagel 170 cal
 - Apple
 - Fresh Navel Orange
 - Grapes, Fresh 69 cal
 - Fresh Strawberries
 - Cantaloupe
 - Honeydew
 - Watermelon
 - Kiwi, Fresh 61 cal
 - 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

- 29
- Muffin Bites 360 cal
 - Breakfast Fruit Salad 57 cal
 - Apple
 - Fresh Navel Orange
 - Grapes, Fresh 69 cal
 - Fresh Strawberries
 - Cantaloupe
 - Honeydew
 - Watermelon
 - Kiwi, Fresh 61 cal
 - Pear, Fresh 57 cal
 - Pineapple Tidbits 60 cal
 - Pineapple Chunks

- 30
- Pizza Bagel 225 cal
 - Apple
 - Fresh Navel Orange
 - Grapes, Fresh 69 cal
 - Fresh Strawberries
 - Cantaloupe
 - Honeydew
 - Watermelon
 - Kiwi, Fresh 61 cal
 - 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

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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