



BREAKFAST OCTOBER 2026

Winter Haven Senior High

Polk County Public Schools



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1 Chicken and Waffle Sandwich Turkey Sausage and Cheese English Muffin Cool Cow Peach Smoothie Cool Cow Strawberry Banana Smoothie 225 cal 110 cal 120 cal		2 Pizza Bagel Chicken Biscuit Sandwich WG Double Chocolate Chip Muffin Top WG Banana Muffin 236 cal 260 cal 270 cal	
5 WG Blueberry Flavored Mini Pancakes WG Maple Flavored Mini Pancakes Chicken Biscuit Sandwich WG Banana Muffin WG Double Chocolate Chip Muffin Top 236 cal 270 cal 260 cal		6 Stuffed Bagel Turkey Sausage and Cheese English Muffin Cool Cow Peach Smoothie Cool Cow Strawberry Banana Smoothie 170 cal 225 cal 110 cal 120 cal		7 French Toast Bites Chicken Biscuit Sandwich WG Banana Muffin WG Double Chocolate Chip Muffin Top 270 cal 236 cal 270 cal 260 cal	
8 Pancake Wrap Turkey Sausage and Cheese English Muffin Cool Cow Strawberry Banana Smoothie Cool Cow Peach Smoothie 200 cal 225 cal 120 cal 110 cal		9 Cinnamon Roll Chicken Biscuit Sandwich WG Banana Muffin WG Double Chocolate Chip Muffin Top 250 cal 236 cal 260 cal			
12 Snack'n Cosmic Waffle Snack'n Waffles Buttery Maple Snack'n Waffles Sweet Cinnamon Snack'n Waffles Wild Blueberry Chicken Biscuit Sandwich WG Banana Muffin WG Double Chocolate Chip Muffin Top 250 cal 236 cal 270 cal 260 cal		13 WG Breakfast Croissant with Ham and Swiss Cheese Turkey Sausage and Cheese English Muffin Cool Cow Peach Smoothie Cool Cow Strawberry Banana Smoothie 300 cal 225 cal 110 cal 120 cal		14 Sunrise Bites-Maple 2 oz. Sweet Puffs Whipped Topping Chicken Biscuit Sandwich WG Double Chocolate Chip Muffin Top WG Banana Muffin 230 cal 230 cal 236 cal 260 cal 270 cal	
15 Breaded Chicken Maple Waffle Sandwich Turkey Sausage and Cheese English Muffin Cool Cow Peach Smoothie Cool Cow Strawberry Banana Smoothie 170 cal 225 cal 110 cal 120 cal		16 No menu published			
19 WG Blueberry Flavored Mini Pancakes WG Maple Flavored Mini Pancakes Chicken Biscuit Sandwich WG Banana Muffin WG Double Chocolate Chip Muffin Top Apple Banana Fresh Navel Orange Grapes, Fresh Kiwi, Fresh Fresh Strawberries Cantaloupe Honeydew Watermelon Pear, Fresh Apple Juice 100% Orange Juice Grape Juice Apple Cherry Juice Strawberry Kiwi Juice 236 cal 270 cal 260 cal 89 cal 69 cal 61 cal 57 cal 60 cal 60 cal 80 cal 104 cal		20 Stuffed Bagel Turkey Sausage and Cheese English Muffin Cool Cow Peach Smoothie Cool Cow Strawberry Banana Smoothie Apple Banana Grapes, Fresh Fresh Strawberries Fresh Navel Orange Kiwi, Fresh Cantaloupe Honeydew Watermelon Pear, Fresh Apple Juice 100% Orange Juice Grape Juice Apple Cherry Juice Strawberry Kiwi Juice 170 cal 225 cal 110 cal 120 cal 89 cal 69 cal 61 cal 57 cal 60 cal 60 cal 80 cal 104 cal		21 French Toast Bites Chicken Biscuit Sandwich WG Banana Muffin WG Double Chocolate Chip Muffin Top Apple Banana Grapes, Fresh Fresh Strawberries Fresh Navel Orange Kiwi, Fresh Cantaloupe Honeydew Watermelon Pear, Fresh Apple Juice 100% Orange Juice Grape Juice Apple Cherry Juice Strawberry Kiwi Juice 270 cal 236 cal 270 cal 260 cal 89 cal 69 cal 61 cal 57 cal 60 cal 60 cal 80 cal 104 cal	
22 Pancake Wrap Turkey Sausage and Cheese English Muffin Cool Cow Peach Smoothie Cool Cow Strawberry Banana Smoothie Apple Banana Grapes, Fresh Fresh Strawberries Fresh Navel Orange Kiwi, Fresh Cantaloupe Honeydew Watermelon Pear, Fresh Apple Juice 100% Orange Juice Grape Juice Apple Cherry Juice Strawberry Kiwi Juice 200 cal 225 cal 110 cal 120 cal 89 cal 69 cal 61 cal 57 cal 60 cal 60 cal 80 cal 104 cal		23 Cinnamon Roll Chicken Biscuit Sandwich WG Banana Muffin WG Double Chocolate Chip Muffin Top Apple Banana Grapes, Fresh Fresh Strawberries Fresh Navel Orange Kiwi, Fresh Cantaloupe Honeydew Watermelon Pear, Fresh Apple Juice 100% Orange Juice Grape Juice Apple Cherry Juice Strawberry Kiwi Juice 250 cal 236 cal 260 cal 89 cal 69 cal 61 cal 57 cal 60 cal 60 cal 80 cal 104 cal			
26 Snack'n Cosmic Waffle Snack'n Waffles Buttery Maple Snack'n Waffles Sweet Cinnamon Snack'n Waffles Wild Blueberry Chicken Biscuit Sandwich WG Double Chocolate Chip Muffin Top WG Banana Muffin Apple Banana Grapes, Fresh Fresh Navel Orange Kiwi, Fresh Fresh Strawberries Cantaloupe Honeydew Watermelon Pear, Fresh Apple Juice 100% Orange Juice Grape Juice Apple Cherry Juice Strawberry Kiwi Juice 250 cal 236 cal 260 cal 270 cal 89 cal 69 cal 61 cal 57 cal 60 cal 60 cal 80 cal 104 cal		27 WG Breakfast Croissant with Ham and Swiss Cheese Turkey Sausage and Cheese English Muffin Cool Cow Peach Smoothie Cool Cow Strawberry Banana Smoothie Apple Banana Grapes, Fresh Fresh Navel Orange Kiwi, Fresh Fresh Strawberries Cantaloupe Honeydew Watermelon Pear, Fresh Apple Juice 100% Orange Juice Grape Juice Apple Cherry Juice Strawberry Kiwi Juice 300 cal 225 cal 110 cal 120 cal 89 cal 69 cal 61 cal 57 cal 60 cal 60 cal 80 cal 104 cal		28 Muffin Bites Breakfast Fruit Salad Chicken Biscuit Sandwich WG Double Chocolate Chip Muffin Top WG Banana Muffin Apple Banana Grapes, Fresh Fresh Navel Orange Kiwi, Fresh Fresh Strawberries Cantaloupe Honeydew Watermelon Pear, Fresh Apple Juice Grape Juice 100% Orange Juice Apple Cherry Juice Strawberry Kiwi Juice 360 cal 57 cal 236 cal 260 cal 270 cal 89 cal 69 cal 61 cal 57 cal 60 cal 60 cal 80 cal 104 cal	
29 Chicken and Waffle Sandwich Turkey Sausage and Cheese English Muffin Cool Cow Peach Smoothie Cool Cow Strawberry Banana Smoothie Apple Banana Grapes, Fresh Fresh Navel Orange Kiwi, Fresh Fresh Strawberries Cantaloupe Honeydew Watermelon Pear, Fresh Apple Juice Grape Juice 100% Orange Juice Apple Cherry Juice Strawberry Kiwi Juice 225 cal 110 cal 120 cal 89 cal 69 cal 61 cal 57 cal 60 cal 60 cal 80 cal 104 cal		30 Pizza Bagel Chicken Biscuit Sandwich WG Double Chocolate Chip Muffin Top WG Banana Muffin Apple Banana Grapes, Fresh Fresh Navel Orange Kiwi, Fresh Fresh Strawberries Cantaloupe Honeydew Watermelon Pear, Fresh Apple Juice 100% Orange Juice Grape Juice Apple Cherry Juice Strawberry Kiwi Juice 225 cal 236 cal 260 cal 270 cal 89 cal 69 cal 61 cal 57 cal 60 cal 60 cal 80 cal 104 cal			