

# BREAKFAST

## OCTOBER 2026

### C. Robert Markham Elementary

Broward County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

|                                                                                                                      |         |
|----------------------------------------------------------------------------------------------------------------------|---------|
| 5                                                                                                                    |         |
|  <b>BREADED MINI CHICKEN FILLET</b> | 111 cal |
|  Flavored Yogurt Cup                | 90 cal  |
|  Breakfast Biscuit                  | 106 cal |
|  Strawberry Nutrigrain Bar          | 150 cal |
|  Pears, Cup                         | 70 cal  |
|  Orange Juice                       | 90 cal  |

|                                                                                                       |         |
|-------------------------------------------------------------------------------------------------------|---------|
| 6                                                                                                     |         |
|  <b>MINI WAFFLES</b> | 179 cal |
|  Flavored Yogurt Cup | 90 cal  |
|  Breakfast Biscuit   | 106 cal |
|  Chilled Mixed Fruit | 62 cal  |
|  Applesauce Cup      | 50 cal  |

|                                                                                                                                           |         |
|-------------------------------------------------------------------------------------------------------------------------------------------|---------|
| 7                                                                                                                                         |         |
|  <b>BREAKFAST, EGG PATTY &amp; CHEESE ON A CROISSANT</b> | 197 cal |
|  Flavored Yogurt Cup                                     | 90 cal  |
|  Croissant Roll                                          | 111 cal |
|  Chilled Peaches                                         | 63 cal  |
|  Fresh Banana (Ripe)                                     | 161 cal |
|  Breakfast, Egg Patty                                    | 50 cal  |

|                                                                                                                        |          |
|------------------------------------------------------------------------------------------------------------------------|----------|
| 1                                                                                                                      |          |
|  <b>CINNAMON FRENCH TOAST STICKS</b> | 254 cal  |
|  Flavored Yogurt Cup                 | 90 cal   |
|  Breakfast Biscuit                   | 106 cal  |
|  Pineapple Tidbits Cup               | 60 cal   |
|  Variety Fresh Fruit                 | 2481 cal |

|                                                                                                                     |         |
|---------------------------------------------------------------------------------------------------------------------|---------|
| 2                                                                                                                   |         |
|  <b>BREAKFAST, CHEESE OMELET</b> | 110 cal |
|  Pop Tart & Cheese               | 268 cal |
|  Croissant Roll                  | 111 cal |
|  Deli Roasted Potatoes           | 104 cal |
|  Fresh Mandarins                 | 98 cal  |

|                   |  |
|-------------------|--|
| 12                |  |
| No menu published |  |

|                                                                                                                  |         |
|------------------------------------------------------------------------------------------------------------------|---------|
| 13                                                                                                               |         |
|  <b>BUTTERMILK PANCAKES</b>    | 147 cal |
|  Flavored Yogurt Cup          | 90 cal  |
|  Cinnamon French Toast Sticks | 254 cal |
|  Breakfast Biscuit            | 106 cal |
|  Apple Juice                  | 90 cal  |
|  Fresh Banana (Ripe)          | 161 cal |

|                                                                                                              |         |
|--------------------------------------------------------------------------------------------------------------|---------|
| 14                                                                                                           |         |
|  <b>BREAKFAST PIZZA</b>    | 180 cal |
|  Flavored Yogurt Cup      | 90 cal  |
|  Breakfast Biscuit        | 106 cal |
|  Chilled Mixed Fruit      | 62 cal  |
|  Fresh, Cara Cara Oranges | 40 cal  |

|                                                                                                                         |          |
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| 15                                                                                                                      |          |
|  <b>CINNAMON FRENCH TOAST STICKS</b> | 254 cal  |
|  Flavored Yogurt Cup                | 90 cal   |
|  Breakfast Biscuit                  | 106 cal  |
|  Peach Cup                          | 70 cal   |
|  Variety Fresh Fruit                | 2481 cal |

|                                                                                                             |         |
|-------------------------------------------------------------------------------------------------------------|---------|
| 16                                                                                                          |         |
|  <b>HARD BOILED EGG</b> | 78 cal  |
|  Pop Tart & Cheese     | 268 cal |
|  Breakfast Biscuit     | 106 cal |
|  Deli Roasted Potatoes | 104 cal |
|  Fresh Mandarins       | 98 cal  |

|                                                                                                                        |         |
|------------------------------------------------------------------------------------------------------------------------|---------|
| 19                                                                                                                     |         |
|  <b>BREADED MINI CHICKEN FILLET</b> | 111 cal |
|  Flavored Yogurt Cup                | 90 cal  |
|  Breakfast Biscuit                  | 106 cal |
|  Strawberry Nutrigrain Bar          | 150 cal |
|  Mandarin Oranges Cup               | 74 cal  |
|  Orange Juice                       | 90 cal  |

|                                                                                                                                  |         |
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| 20                                                                                                                               |         |
|  <b>GUAVA PASTRY BITES &amp; CHEESE BITES</b> | 272 cal |
|  Flavored Yogurt Cup                          | 90 cal  |
|  Breakfast Biscuit                            | 106 cal |
|  Chilled Mixed Fruit                          | 62 cal  |
|  Applesauce Cup                               | 50 cal  |
|  Cheese Bites                                 | 151 cal |

|                                                                                                                                             |         |
|---------------------------------------------------------------------------------------------------------------------------------------------|---------|
| 21                                                                                                                                          |         |
|  <b>BREAKFAST, EGG PATTY &amp; CHEESE ON A CROISSANT</b> | 197 cal |
|  Flavored Yogurt Cup                                     | 90 cal  |
|  Croissant Roll                                          | 111 cal |
|  Chilled Peaches                                         | 63 cal  |
|  Fresh Banana (Ripe)                                     | 161 cal |
|  Breakfast, Egg Patty                                    | 50 cal  |

|                                                                                                                          |         |
|--------------------------------------------------------------------------------------------------------------------------|---------|
| 22                                                                                                                       |         |
|  <b>CINNAMON FRENCH TOAST STICKS</b> | 254 cal |
|  Flavored Yogurt Cup                 | 90 cal  |
|  Breakfast Biscuit                   | 106 cal |
|  Chilled Peaches                     | 63 cal  |
|  Fresh Apple Slices                  | 29 cal  |
|  Fresh Sliced Orange                 | 33 cal  |

|                                                                                                                                     |         |
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| 23                                                                                                                                  |         |
|  <b>BREAKFAST BACON, EGG &amp; CHEESE TACO</b> | 190 cal |
|  Pop Tart & Cheese                             | 268 cal |
|  Breakfast Biscuit                             | 106 cal |
|  Baby Cakes Hash Browns                        | 130 cal |
|  Fresh Mandarins                               | 98 cal  |
|  Eggstravaganza                                | 84 cal  |

|                                                                                                               |         |
|---------------------------------------------------------------------------------------------------------------|---------|
| 26                                                                                                            |         |
|  <b>PORK SAUSAGE PATTY</b> | 70 cal  |
|  Flavored Yogurt Cup       | 90 cal  |
|  Breakfast Biscuit         | 106 cal |
|  Strawberry Nutrigrain Bar | 150 cal |
|  Peach Cup                 | 70 cal  |
|  Cinnamon Applesauce Cup   | 50 cal  |

|                                                                                                                            |         |
|----------------------------------------------------------------------------------------------------------------------------|---------|
| 27                                                                                                                         |         |
|  <b>BREAKFAST CHICKEN &amp; WAFFLES</b> | 200 cal |
|  Flavored Yogurt Cup                    | 90 cal  |
|  Breakfast Biscuit                      | 106 cal |
|  Chilled Pears                          | 63 cal  |
|  Orange Juice                           | 90 cal  |
|  Mini Waffles                           | 89 cal  |
|  Apple Juice                            | 60 cal  |

|                                                                                                            |         |
|------------------------------------------------------------------------------------------------------------|---------|
| 28                                                                                                         |         |
|  <b>HARD BOILED EGG</b> | 78 cal  |
|  Flavored Yogurt Cup    | 90 cal  |
|  Breakfast Biscuit      | 106 cal |
|  Breakfast Bagel        | 149 cal |
|  Chilled Mixed Fruit    | 62 cal  |
|  Fresh Banana (Ripe)    | 161 cal |

|                                                                                                                          |          |
|--------------------------------------------------------------------------------------------------------------------------|----------|
| 29                                                                                                                       |          |
|  <b>CINNAMON FRENCH TOAST STICKS</b> | 254 cal  |
|  Flavored Yogurt Cup                 | 90 cal   |
|  Breakfast Biscuit                   | 106 cal  |
|  Pineapple Tidbits Cup               | 60 cal   |
|  Variety Fresh Fruit                 | 2481 cal |
|  Fresh Banana (Ripe)                 | 81 cal   |

|                                                                                                                       |         |
|-----------------------------------------------------------------------------------------------------------------------|---------|
| 30                                                                                                                    |         |
|  <b>BREAKFAST, CHEESE OMELET</b> | 110 cal |
|  Pop Tart & Cheese               | 268 cal |
|  Croissant Roll                  | 111 cal |
|  Deli Roasted Potatoes           | 104 cal |
|  Fresh Mandarins                 | 98 cal  |

Served every day:

 Assorted Cereal ·  Milk ·  White Milk

Menu data from Broward County Public Schools, drawn by schoolmenuapp.com. Menu subject to change.  
Calories are per serving, as Broward County Public Schools publishes them.