

BREAKFAST OCTOBER 2026

Crystal Lake Middle

Broward County Public Schools

Monday	Tuesday	Wednesday	Thursday	Friday
			1 CINNAMON FRENCH TOAST STICKS 338 cal Flavored Yogurt Cup 90 cal Breakfast Biscuit 106 cal Pineapple Tidbits Cup 60 cal Fresh Apple Slices 29 cal	2 BREAKFAST, CHEESE OMELET 110 cal Pop Tart & Cheese 268 cal Croissant Roll 111 cal Deli Roasted Potatoes 104 cal Fresh Mandarins 98 cal
5 BREADED MINI CHICKEN FILLET 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 MINI WAFFLES 179 cal Yogurt Parfait, Strawberry 446 cal Breakfast Biscuit 106 cal Chilled Mixed Fruit 62 cal Applesauce Cup 50 cal	7 BREAKFAST, EGG PATTY & CHEESE ON A CROISSANT 197 cal Flavored Yogurt Cup 90 cal Croissant Roll 111 cal Chilled Peaches 63 cal Fresh Banana (Ripe) 161 cal	8 No menu published	9 No menu published
12 No menu published	13 BUTTERMILK PANCAKES 147 cal Flavored Yogurt Cup 90 cal Pork Sausage Patty 70 cal Breakfast Biscuit 106 cal Apple Juice 90 cal Fresh Banana (Ripe) 161 cal	14 BREAKFAST PIZZA 180 cal Yogurt Parfait w/ Strawberry 228 cal Breakfast Biscuit 106 cal Chilled Mixed Fruit 62 cal Fresh Banana (Ripe) 161 cal	15 CINNAMON FRENCH TOAST STICKS 338 cal Flavored Yogurt Cup 90 cal Breakfast Biscuit 106 cal Peach Cup 70 cal	16 HARD BOILED EGG 78 cal Pop Tart & Cheese 268 cal Breakfast Biscuit 106 cal Deli Roasted Potatoes 104 cal Fresh Mandarins 98 cal
19 BREADED MINI CHICKEN FILLET 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	20 GUAVA PASTRY BITES & CHEESE BITES 272 cal Yogurt Parfait w/ Strawberry 228 cal Breakfast Biscuit 106 cal Chilled Mixed Fruit 62 cal Applesauce Cup 50 cal	21 BREAKFAST, EGG PATTY & CHEESE ON A CROISSANT 197 cal Flavored Yogurt Cup 90 cal Croissant Roll 111 cal Chilled Peaches 63 cal Fresh Banana (Ripe) 161 cal	22 CINNAMON FRENCH TOAST STICKS 338 cal Flavored Yogurt Cup 90 cal Breakfast Biscuit 106 cal Chilled Pears 63 cal Fresh Apple Slices 29 cal	23 BREAKFAST BACON, EGG & CHEESE TACO 190 cal Pop Tart & Cheese 268 cal Breakfast Biscuit 106 cal Baby Cakes Hash Browns 130 cal Fresh Mandarins 98 cal
26 PORK SAUSAGE PATTY 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 BREAKFAST CHICKEN & WAFFLES 200 cal Yogurt Parfait, Strawberry 446 cal Breakfast Biscuit 106 cal Chilled Pears 63 cal Orange Juice 90 cal	28 HARD BOILED EGG 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 CINNAMON FRENCH TOAST STICKS 338 cal Flavored Yogurt Cup 90 cal Breakfast Biscuit 106 cal Pineapple Tidbits Cup 60 cal Fresh Apple Slices 29 cal	30 BREAKFAST, CHEESE OMELET 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

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.