

BREAKFAST

OCTOBER 2026

Deerfield Beach High

Broward County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

5	
 BREADED MINI CHICKEN FILLET	111 cal
 Flavored Yogurt Cup	90 cal
 Breakfast Biscuit	106 cal
 Pears, Cup	70 cal
 Orange Juice	90 cal

6	
 MINI WAFFLES	179 cal
 Yogurt Parfait w/ Strawberry	228 cal
 Breakfast Biscuit	106 cal
 Chilled Mixed Fruit	62 cal
 Applesauce Cup	50 cal

7	
 BREAKFAST PIZZA	180 cal
 Yogurt Parfait w/ Strawberry	228 cal
 Breakfast Biscuit	106 cal
 Chilled Peaches	63 cal
 Fresh Banana (Ripe)	161 cal

1	
 CINNAMON FRENCH TOAST STICKS	338 cal
 Yogurt Parfait w/ Peach	275 cal
 Breakfast Biscuit	106 cal
 Pineapple Tidbits Cup	60 cal
 Fresh Pears	75 cal

2	
 BREAKFAST, CHEESE OMELET	110 cal
 Flavored Yogurt Cup	90 cal
 Croissant Roll	111 cal
 Breakfast Biscuit	106 cal
 Deli Roasted Potatoes	104 cal
 Fresh Mandarins	98 cal

12	No menu published
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13	
 BUTTERMILK PANCAKES	147 cal
 Flavored Yogurt Cup	90 cal
 Breakfast Biscuit	106 cal
 Apple Juice	90 cal
 Peach Cup	70 cal
 Strawberry Applesauce Cup	70 cal
 Pears, Cup	70 cal
 Orange Juice Carton	57 cal
 Fresh Apple Slices	29 cal

14	
 BREAKFAST CROISSANT WITH HAM AND SWISS CHEESE	300 cal
 Yogurt Parfait w/ Strawberry	228 cal
 Yogurt Parfait w/ Blueberry	222 cal
 Flavored Yogurt Cup	90 cal
 Croissant Roll	111 cal
 Mixed Fruit Cup	80 cal
 Fresh Apple Slices	29 cal

15	
 CINNAMON FRENCH TOAST STICKS	338 cal
 Yogurt Parfait w/ Strawberry	228 cal
 Breakfast Biscuit	106 cal
 Peach Cup	70 cal
 Pineapple Wedges, Individually Wrapped	50 cal

16	
 HARD BOILED EGG	78 cal
 Flavored Yogurt Cup	90 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
 Mandarin Oranges Cup	74 cal
 Apple Juice	90 cal

20	
 GUAVA PASTRY BITES & CHEESE BITES	272 cal
 Yogurt Parfait w/ Blueberry	222 cal
 Croissant Roll	111 cal
 Chilled Mixed Fruit	62 cal
 Cinnamon Applesauce Cup	50 cal

21	
 BREAKFAST, SPICY EGG PATTY & CHEESE ON A CROISSANT	206 cal
 Yogurt Parfait w/ Strawberry	228 cal
 Breakfast Biscuit	106 cal
 Chilled Peaches	63 cal
 Fresh Banana (Ripe)	161 cal

22	
 CINNAMON FRENCH TOAST STICKS	338 cal
 Yogurt Parfait w/ Blueberry	222 cal
 Croissant Roll	111 cal
 Chilled Pears	63 cal
 Fresh Apple Slices	29 cal

23	
 BREAKFAST BACON, EGG & CHEESE TACO	351 cal
 Flavored Yogurt Cup	90 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
 Peach Cup	70 cal
 Cinnamon Applesauce Cup	50 cal

27	
 BREAKFAST CHICKEN & WAFFLES	200 cal
 Yogurt Parfait w/ Strawberry	228 cal
 Breakfast Biscuit	106 cal
 Chilled Pears	63 cal
 Apple Juice	90 cal

28	
 HARD BOILED EGG	78 cal
 Yogurt Parfait w/ Strawberry	228 cal
 Yogurt Parfait w/ Blueberry	222 cal
 Breakfast Bagel	149 cal
 Croissant Roll	111 cal
 Fresh Banana (Ripe)	161 cal
 Chilled Mixed Fruit	62 cal

29	
 CINNAMON FRENCH TOAST STICKS	338 cal
 Yogurt Parfait w/ Strawberry	228 cal
 Breakfast Biscuit	106 cal
 Pineapple Tidbits Cup	60 cal
 Fresh Banana (Ripe)	161 cal

30	
 BREAKFAST, CHEESE OMELET	110 cal
 Flavored Yogurt Cup	90 cal
 Croissant Roll	111 cal
 Breakfast Biscuit	106 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.