

BREAKFAST

OCTOBER 2026

Forest Hills Elementary

Broward County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

1

 **CINNAMON FRENCH TOAST STICKS** 254 cal
 Flavored Yogurt Cup 90 cal
 Breakfast Biscuit 106 cal
 Pineapple Tidbits Cup 60 cal
 Fresh Sliced Orange 33 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 w/ Strawberry 228 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
 Breakfast, Egg Patty 50 cal

8

No menu published

9

No menu published

12

No menu published

13

 **BUTTERMILK PANCAKES** 147 cal
 Flavored Yogurt Cup 90 cal
 Breakfast Biscuit 106 cal
 Chilled Pears 63 cal
 Apple Juice 90 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** 254 cal
 Flavored Yogurt Cup 90 cal
 Breakfast Biscuit 106 cal
 Peach Cup 70 cal
 Fresh Sliced Orange 66 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
 Apple 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
 Cheese Bites 151 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
 Breakfast, Egg Patty 50 cal

22

 **CINNAMON FRENCH TOAST STICKS** 254 cal
 Flavored Yogurt Cup 90 cal
 Breakfast Biscuit 106 cal
 Chilled Pears 63 cal
 Fresh Apple Slices 29 cal
 Fresh Sliced Orange 33 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
 Eggstravaganza 84 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 w/ Strawberry 228 cal
 Breakfast Biscuit 106 cal
 Chilled Pears 63 cal
 Orange Juice 90 cal
 Mini Waffles 89 cal
 Apple Juice 60 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** 254 cal
 Flavored Yogurt Cup 90 cal
 Breakfast Biscuit 106 cal
 Pineapple Tidbits Cup 60 cal
 Fresh Apples 68 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 ·  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.

MealViewer