

BREAKFAST

OCTOBER 2026

Fort Lauderdale High

Broward County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

5

 **BREADED MINI CHICKEN FILLET** 111 cal
 Flavored Yogurt Cup 90 cal
 Pears, Cup 70 cal
 Orange Juice 90 cal

6

 **MINI WAFFLES** 179 cal
 Yogurt Parfait w/ Strawberry 228 cal
 Applesauce Cup 50 cal
 Mixed Fruit Cup 80 cal

7

 **BREAKFAST PIZZA** 180 cal
 Yogurt Parfait w/ Strawberry 228 cal
 Chilled Peaches 63 cal
 Fresh Banana (Ripe) 161 cal

1

 **CINNAMON FRENCH TOAST STICKS** 338 cal
 Yogurt Parfait w/ Strawberry 228 cal
 Pineapple Tidbits Cup 60 cal
 Fresh Apple Slices 29 cal

2

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

12

No menu published

13

 **BUTTERMILK PANCAKES** 147 cal
 Flavored Yogurt Cup 90 cal
 Pop Tart & Cheese 268 cal
 Apple Juice 90 cal
 Pears, Cup 70 cal

14

 **BREAKFAST CROISSANT WITH HAM AND SWISS CHEESE** 300 cal
 Yogurt Parfait w/ Strawberry 228 cal
 Pop Tart & Cheese 268 cal
 Croissant Roll 111 cal
 Fresh Banana (Ripe) 161 cal
 Mixed Fruit Cup 80 cal

15

 **CINNAMON FRENCH TOAST STICKS** 338 cal
 Yogurt Parfait w/ Strawberry 228 cal
 Apple Juice 90 cal
 Chilled Peaches 63 cal

16

 **HARD BOILED EGG** 78 cal
 Flavored Yogurt Cup 90 cal
 Deli Roasted Potatoes 104 cal
 Fresh Mandarins 98 cal

19

 **BREADED MINI CHICKEN FILLET** 111 cal
 Flavored Yogurt Cup 90 cal
 Mandarin Oranges Cup 74 cal
 Apple Juice 90 cal

20

 **GUAVA PASTRY BITES & CHEESE BITES** 272 cal
 Yogurt Parfait w/ Strawberry 228 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
 Chilled Peaches 63 cal
 Fresh Banana (Ripe) 161 cal

22

 **CINNAMON FRENCH TOAST STICKS** 338 cal
 Yogurt Parfait w/ Strawberry 228 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
 Baby Cakes Hash Browns 130 cal
 Fresh Mandarins 98 cal

26

 **PORK SAUSAGE PATTY** 70 cal
 Flavored Yogurt Cup 90 cal
 Peach Cup 70 cal
 Cinnamon Applesauce Cup 50 cal

27

 **BREAKFAST CHICKEN & WAFFLES** 200 cal
 Yogurt Parfait w/ Strawberry 228 cal
 Chilled Pears 63 cal
 Apple Juice 90 cal

28

 **HARD BOILED EGG** 78 cal
 Yogurt Parfait w/ Strawberry 228 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
 Apple Juice 90 cal

30

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

Served every day:

 Assorted Cereal ·  Breakfast Biscuit ·  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