

# Gulfstream Academy North (4-8)

Breakfast · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

**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

**Mini Waffles** 179 cal  
 **Yogurt Parfait w/ Strawberry** 228 cal  
 **Breakfast Biscuit** 106 cal  
 **Chilled Mixed Fruit** 62 cal  
 **Applesauce Cup** 50 cal

**Breakfast, Egg Patty & Cheese on a Croissant** 197 cal  
 **Yogurt Parfait w/ Strawberry** 228 cal  
 **Croissant Roll** 111 cal  
 **Chilled Peaches** 63 cal  
 **Fresh Banana (Ripe)** 161 cal

**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

**Breakfast, Cheese Omelet** 110 cal  
 **Pop Tart & Cheese** 268 cal  
 **Croissant Roll** 111 cal  
 **Deli Roasted Potatoes** 104 cal  
 **Fresh Mandarins** 98 cal

No menu published

No menu published

No menu published

 **Strawberry Yogurt** 90 cal  
 **Breaded Mini Chicken Fillet** 111 cal  
 **Honey Wheat Biscuit** 101 cal  
 **Apple Juice** 90 cal  
 **Pears, Cup** 70 cal

**Breakfast Pizza** 180 cal  
 **Yogurt Parfait w/ Strawberry** 228 cal  
 **Chilled Mixed Fruit** 62 cal  
 **Fresh Banana (Ripe)** 161 cal

**Cinnamon French Toast Sticks** 338 cal  
 **Strawberry Yogurt** 90 cal  
 **Breakfast Biscuit** 106 cal  
 **Peach Cup** 70 cal  
 **Apple Juice** 90 cal

**Pop Tart & Cheese** 268 cal  
 **Eggstravaganza** 126 cal  
 **Breakfast Biscuit** 106 cal  
 **Deli Roasted Potatoes** 104 cal  
 **Fresh Mandarins** 98 cal

**Breaded Mini Chicken Fillet** 111 cal  
 **Flavored Yogurt Cup** 90 cal  
 **Breakfast Biscuit** 106 cal  
 **Mandarin Oranges Cup** 74 cal  
 **Orange Juice** 90 cal

 **Yogurt Parfait w/ Strawberry** 228 cal  
 **Pork Sausage Patty** 70 cal  
 **Breakfast Biscuit** 106 cal  
 **Chilled Mixed Fruit** 62 cal  
 **Applesauce Cup** 50 cal

**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

**Cinnamon French Toast Sticks** 338 cal  
 **Flavored Yogurt Cup** 90 cal  
 **Breakfast Biscuit** 106 cal  
 **Chilled Pears** 63 cal  
 **Fresh Apple Slices** 29 cal

**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

**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

**Breakfast Chicken & Waffles** 200 cal  
 **Yogurt Parfait w/ Strawberry** 228 cal  
 **Breakfast Biscuit** 106 cal  
 **Chilled Pears** 63 cal  
 **Orange Juice** 90 cal

 **Flavored Yogurt Cup** 90 cal  
 **Eggstravaganza** 126 cal  
 **Breakfast Biscuit** 106 cal  
 **Breakfast Bagel** 149 cal  
 **Chilled Mixed Fruit** 62 cal  
 **Fresh Banana (Ripe)** 161 cal

**Cinnamon French Toast Sticks** 338 cal  
 **Flavored Yogurt Cup** 90 cal  
 **Breakfast Biscuit** 106 cal  
 **Pineapple Tidbits Cup** 60 cal

**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