

BREAKFAST

OCTOBER 2026

Gulfstream Academy South (K-3)

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 Apple Juice 90 cal	2 BREAKFAST, CHEESE OMELET 110 cal Pop Tart & Cheese 268 cal Croissant Roll 111 cal Deli Roasted Potatoes 104 cal Mandarin Oranges Cup 74 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 Applesauce Cup 50 cal Mixed Fruit Cup 80 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 FLAVORED YOGURT CUP 90 cal Eggstravaganza 112 cal Breakfast, Egg Patty & Cheese on a Croissant 197 cal Croissant Roll 111 cal Apple Juice 90 cal Pears, Cup 70 cal Peach Cup 70 cal	14 YOGURT PARFAIT W/ STRAWBERRY 228 cal Buttermilk Pancakes 74 cal Breakfast Biscuit 106 cal Chilled Mixed Fruit 62 cal Fresh Banana (Ripe) 161 cal Pineapple Tidbits Cup 60 cal	15 CINNAMON FRENCH TOAST STICKS 254 cal Flavored Yogurt Cup 90 cal Breakfast Biscuit 106 cal Applesauce Cup 50 cal Orange Juice 90 cal Peach Cup 70 cal	16 POP TART & CHEESE 268 cal Eggstravaganza 112 cal Variety Yogurt Cup 90 cal Breakfast Biscuit 106 cal Baby Cakes Hash Browns 130 cal Mandarin Oranges Cup 74 cal
19 BREADED MINI CHICKEN FILLET 111 cal Flavored Yogurt Cup 90 cal Breakfast Biscuit 106 cal Strawberry Nutrigrain Bar 150 cal Fresh Banana (Ripe) 81 cal Apple Juice 90 cal	20 CINNAMON FRENCH TOAST STICKS 169 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 Fresh Banana (Ripe) 161 cal Peach Cup 70 cal Breakfast, Egg Patty 50 cal	22 CINNAMON FRENCH TOAST STICKS 254 cal Flavored Yogurt Cup 90 cal Breakfast Biscuit 106 cal Pears, Cup 70 cal Apple Juice 90 cal	23 BREAKFAST BACON, EGG & CHEESE TACO 190 cal Pop Tart & Cheese 268 cal Breakfast Biscuit 106 cal Baby Cakes Hash Browns 130 cal Mandarin Oranges Cup 74 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 FLAVORED YOGURT CUP 90 cal Eggstravaganza 112 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 Honey Wheat Biscuit 101 cal Pineapple Tidbits Cup 60 cal Apple Juice 90 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.