

BREAKFAST

OCTOBER 2026

Heron Heights 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 66 cal	2 BREAKFAST, CHEESE OMELET 110 cal Pop Tart & Cheese 268 cal Croissant Roll 111 cal Deli Roasted Potatoes 104 cal Peach Cup 70 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 Apple Juice 90 cal	6 MINI WAFFLES 179 cal Yogurt Parfait w/ Blueberry 222 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 Apple Slices 29 cal Milk 110 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 Apple Juice 90 cal Peach Cup 70 cal Milk 110 cal	14 BREAKFAST PIZZA 180 cal Yogurt Parfait w/ Blueberry 222 cal Breakfast Biscuit 106 cal Chilled Mixed Fruit 62 cal Fresh Banana (Ripe) 161 cal Milk 110 cal	15 CINNAMON FRENCH TOAST STICKS 254 cal Flavored Yogurt Cup 90 cal Breakfast Biscuit 106 cal Peach Cup 70 cal Fresh Apple Slices 29 cal Milk 110 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 Milk 110 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 Milk 110 cal	20 GUAVA PASTRY BITES & CHEESE BITES 272 cal Yogurt Parfait w/ Blueberry 222 cal Breakfast Biscuit 106 cal Chilled Mixed Fruit 62 cal Applesauce Cup 50 cal Milk 110 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 Milk 110 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 Milk 110 cal	23 BREAKFAST BACON, EGG & CHEESE TACO 190 cal Pop Tart & Cheese 268 cal Breakfast Biscuit 106 cal Baby Cakes Hash 130 cal Browns 104 cal Fresh Mandarins 98 cal Milk 110 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 Milk 110 cal	27 BREAKFAST CHICKEN & WAFFLES 200 cal Yogurt Parfait w/ Peach 275 cal Breakfast Biscuit 106 cal Chilled Pears 63 cal Orange Juice 90 cal Milk 110 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 Milk 110 cal	29 CINNAMON FRENCH TOAST STICKS 254 cal Flavored Yogurt Cup 90 cal Breakfast Biscuit 106 cal Pineapple Tidbits Cup 60 cal Fresh Sliced Orange 66 cal Milk 110 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 Milk 110 cal

Served every day:

- Assorted Cereal

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.