

BREAKFAST

OCTOBER 2026

Lake Forest Elementary

Broward County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

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

1
 CINNAMON FRENCH TOAST STICKS 254 cal  Flavored Yogurt Cup 90 cal  Pineapple Tidbits Cup 60 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

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  Fresh Apple Slices 29 cal  Orange 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

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  Orange 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

23
 BREAKFAST BACON, EGG & CHEESE TACO 190 cal  Pop Tart & Cheese 268 cal  Breakfast Biscuit 106 cal  Baby Cakes Hash Browns 130 cal  Fresh Sliced Orange 66 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

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.