

# BREAKFAST

## OCTOBER 2026

# Larkdale Elementary

Broward County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

5

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

6

 **MINI WAFFLES** 179 cal  
 Breakfast Biscuit 106 cal  
 Chilled Mixed Fruit 62 cal  
 Applesauce Cup 50 cal

7

 **BREAKFAST, EGG PATTY & CHEESE ON A CROISSANT** 197 cal  
 Croissant Roll 111 cal  
 Chilled Peaches 63 cal  
 Fresh Banana (Ripe) 161 cal

1

 **CINNAMON FRENCH TOAST STICKS** 254 cal  
 Breakfast Biscuit 106 cal  
 Pineapple Tidbits Cup 60 cal  
 Applesauce Cup 50 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  
 Breakfast Biscuit 106 cal  
 Fresh Banana (Ripe) 161 cal  
 Fresh Sliced Orange 66 cal

14

 **BREAKFAST PIZZA** 180 cal  
 Breakfast Biscuit 106 cal  
 Chilled Mixed Fruit 62 cal  
 Fresh Banana (Ripe) 161 cal

15

 **CINNAMON FRENCH TOAST STICKS** 254 cal  
 Breakfast Biscuit 106 cal  
 Peach Cup 70 cal  
 Applesauce Cup 50 cal

16

 **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  
 Breakfast Biscuit 106 cal  
 Mandarin Oranges Cup 74 cal  
 Orange Juice 90 cal

20

 **BREAKFAST BISCUIT** 106 cal  
 Chilled Mixed Fruit 62 cal  
 Applesauce Cup 50 cal

21

 **BREAKFAST, EGG PATTY & CHEESE ON A CROISSANT** 197 cal  
 Chilled Peaches 63 cal  
 Fresh Banana (Ripe) 161 cal

22

 **CINNAMON FRENCH TOAST STICKS** 254 cal  
 Breakfast Biscuit 106 cal  
 Chilled Pears 63 cal  
 Fresh Apple Slices 29 cal

23

 **POP TART & CHEESE** 268 cal  
 Eggstravaganza 112 cal  
 Breakfast Biscuit 106 cal  
 Baby Cakes Hash Browns 130 cal  
 Fresh Mandarins 98 cal

26

 **PORK SAUSAGE PATTY** 70 cal  
 Breakfast Biscuit 106 cal  
 Peach Cup 70 cal  
 Cinnamon Applesauce Cup 50 cal

27

 **BREAKFAST CHICKEN & WAFFLES** 200 cal  
 Breakfast Biscuit 106 cal  
 Chilled Pears 63 cal  
 Orange Juice 90 cal

28

 **HARD BOILED EGG** 78 cal  
 Breakfast Biscuit 106 cal  
 Breakfast Bagel 149 cal  
 Fresh Banana (Ripe) 161 cal

29

 **CINNAMON FRENCH TOAST STICKS** 254 cal  
 Breakfast Biscuit 106 cal  
 Pineapple Tidbits Cup 60 cal  
 Fresh Banana (Ripe) 161 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 ·  Variety Yogurt Cup ·  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