

BREAKFAST

OCTOBER 2026

Martin Luther King Elementary

Broward County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

1

2

 **CINNAMON FRENCH TOAST STICKS** 254 cal
 Flavored Yogurt Cup 90 cal
 Breakfast Biscuit 106 cal
 Pineapple Tidbits Cup 60 cal
 Fresh Pineapple Spear 43 cal

 **BREAKFAST, CHEESE OMELET** 110 cal
 Pop Tart & Cheese 268 cal
 Croissant Roll 111 cal
 Deli Roasted Potatoes 104 cal
 Fresh Mandarins 98 cal

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 **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
 Flavored Yogurt Cup 90 cal
 Croissant Roll 111 cal
 Chilled Peaches 63 cal
 Fresh Banana (Ripe) 161 cal
 Breakfast, Egg Patty 50 cal

No menu published

No menu published

12

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No menu published

 **BUTTERMILK PANCAKES** 147 cal
 Flavored Yogurt Cup 90 cal
 Breakfast Biscuit 106 cal
 Chilled Pears 63 cal
 Apple Juice 90 cal

 **BREAKFAST PIZZA** 180 cal
 Yogurt Parfait w/ Strawberry 228 cal
 Breakfast Biscuit 106 cal
 Fresh Banana (Ripe) 161 cal
 Mixed Fruit Cup 80 cal
 Peach Cup 70 cal

 **CINNAMON FRENCH TOAST STICKS** 254 cal
 Flavored Yogurt Cup 90 cal
 Breakfast Biscuit 106 cal
 Peach Cup 70 cal
 Fresh Apple Slices 29 cal

 **HARD BOILED EGG** 78 cal
 Pop Tart & Cheese 268 cal
 Breakfast Biscuit 106 cal
 Deli Roasted Potatoes 104 cal
 Fresh Mandarins 98 cal

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23

 **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

 **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

 **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

 **CINNAMON FRENCH TOAST STICKS** 254 cal
 Flavored Yogurt Cup 90 cal
 Breakfast Biscuit 106 cal
 Chilled Pears 63 cal
 Fresh Apple Slices 29 cal
 Fresh Pineapple Spear 43 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
 Eggstravaganza 84 cal

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 **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
 Breakfast Biscuit 106 cal
 Chilled Pears 63 cal
 Orange Juice 90 cal
 Mini Waffles 89 cal
 Apple Juice 60 cal

 **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

 **CINNAMON FRENCH TOAST STICKS** 254 cal
 Flavored Yogurt Cup 90 cal
 Breakfast Biscuit 106 cal
 Pineapple Tidbits Cup 60 cal
 Fresh Pineapple Spear 43 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 ·  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.

MealViewer