

BREAKFAST OCTOBER 2026

Mcfatter Technical College

Broward County Public Schools

Monday	Tuesday	Wednesday	Thursday	Friday
			1  CINNAMON TOAST CRUNCH CEREAL 120 cal  Strawberry Nutri Grain Bar 150 cal  Mixed Fruit Cup 80 cal  Pears, Cup 70 cal	2  FROSTED CORN FLAKES CEREAL 111 cal  Assorted Pop Tarts 177 cal  Mandarin Oranges Cup 74 cal  Pineapple Tidbits Cup 60 cal
5  COCOA PUFFS CEREAL 113 cal  Assorted Pop Tarts 177 cal  Peach Cup 70 cal  Pears, Cup 70 cal	6  TRIX LESS SUGAR CEREAL 111 cal  Strawberry Nutri Grain Bar 150 cal  Cinnamon Applesauce Cup 50 cal  Mandarin Oranges Cup 74 cal	7  CHERRIOS CEREAL 101 cal  Assorted Pop Tarts 177 cal  Peach Cup 70 cal  Strawberry Applesauce Cup 70 cal	8 No menu published	9 No menu published
12 No menu published	13  TRIX LESS SUGAR CEREAL 111 cal  Strawberry Nutri Grain Bar 150 cal  Cinnamon Applesauce Cup 50 cal  Mandarin Oranges Cup 74 cal	14  CHERRIOS CEREAL 101 cal  Assorted Pop Tarts 177 cal  Peach Cup 70 cal  Pineapple Tidbits Cup 60 cal	15  CINNAMON TOAST CRUNCH CEREAL 120 cal  Strawberry Nutri Grain Bar 150 cal  Strawberry Applesauce Cup 70 cal  Pears, Cup 70 cal	16  FROSTED CORN FLAKES CEREAL 111 cal  Assorted Pop Tarts 177 cal  Mandarin Oranges Cup 74 cal  Mixed Fruit Cup 80 cal
19  COCOA PUFFS CEREAL 113 cal  Assorted Pop Tarts 177 cal  Peach Cup 70 cal  Mixed Fruit Cup 80 cal	20  TRIX LESS SUGAR CEREAL 111 cal  Strawberry Nutri Grain Bar 150 cal  Cinnamon Applesauce Cup 50 cal  Mandarin Oranges Cup 74 cal	21  CHERRIOS CEREAL 101 cal  Assorted Pop Tarts 177 cal  Peach Cup 70 cal  Strawberry Applesauce Cup 70 cal	22  CINNAMON TOAST CRUNCH CEREAL 120 cal  Strawberry Nutri Grain Bar 150 cal  Mixed Fruit Cup 80 cal  Pears, Cup 70 cal	23  FROSTED CORN FLAKES CEREAL 111 cal  Assorted Pop Tarts 177 cal  Pineapple Tidbits Cup 60 cal  Mandarin Oranges Cup 74 cal
26  COCOA PUFFS CEREAL 113 cal  Assorted Pop Tarts 177 cal  Peach Cup 70 cal  Pears, Cup 70 cal	27  TRIX LESS SUGAR CEREAL 111 cal  Strawberry Nutri Grain Bar 150 cal  Cinnamon Applesauce Cup 50 cal  Mandarin Oranges Cup 74 cal	28  CHERRIOS CEREAL 101 cal  Assorted Pop Tarts 177 cal  Applesauce Cup 50 cal  Mixed Fruit Cup 80 cal	29  CINNAMON TOAST CRUNCH CEREAL 120 cal  Strawberry Nutri Grain Bar 150 cal  Pears, Cup 70 cal  Strawberry Applesauce Cup 70 cal	30  FROSTED CORN FLAKES CEREAL 111 cal  Assorted Pop Tarts 177 cal  Pineapple Tidbits Cup 60 cal  Mandarin Oranges Cup 74 cal

Served every day:
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.