

BREAKFAST OCTOBER 2026

Miramar 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	2 BREAKFAST, CHEESE OMELET 110 cal - Pop Tart & Cheese 268 cal - Croissant Roll 111 cal - Deli Roasted Potatoes 104 cal - Fresh Mandarins 98 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 - 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 - Flavored Yogurt Cup 90 cal - Croissant Roll 111 cal - Chilled Peaches 63 cal - Fresh Banana (Ripe) 161 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 - Cinnamon Applesauce Cup 50 cal	14 BREAKFAST PIZZA 180 cal - Yogurt Parfait w/ Blueberry 222 cal - Buttermilk Pancakes 147 cal - Breakfast Biscuit 106 cal - Fresh Apple Slices 29 cal - Cinnamon Applesauce Cup 50 cal	15 FLAVORED YOGURT CUP 90 cal - Eggstravaganza 112 cal - Breakfast Biscuit 106 cal - Deli Roasted Potatoes 104 cal - Fresh Banana (Ripe) 161 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 - Apple 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	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	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 Mandarins 98 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/ Blueberry 222 cal - Breakfast Biscuit 106 cal - Chilled Pears 63 cal - Orange Juice 90 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

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.