

North Lauderdale Elementary

Breakfast · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

- Breaded Mini Chicken Fillet** 111 cal
- Flavored Yogurt Cup 90 cal
 - Breakfast Biscuit 106 cal
 - Strawberry Nutrigrain Bar 150 cal
 - Orange Juice 90 cal
 - Chilled Pears 63 cal

- Mini Waffles** 179 cal
- Yogurt Parfait w/ Blueberry 222 cal
 - Variety Yogurt Cup 90 cal
 - Breakfast Biscuit 106 cal
 - Chilled Mixed Fruit 62 cal
 - Applesauce Cup 50 cal

- Breakfast, Egg Patty & Cheese on a Croissant** 197 cal
- Variety Yogurt Cup 90 cal
 - Croissant Roll 111 cal
 - Chilled Peaches 63 cal
 - Fresh Apple Slices 29 cal
 - Breakfast, Egg Patty 50 cal
 - Fresh Banana (Ripe) 81 cal

- Cinnamon French Toast Sticks** 254 cal
- Variety Yogurt Cup 90 cal
 - Breakfast Biscuit 106 cal
 - Pineapple Tidbits Cup 60 cal
 - Fresh Sliced Orange 33 cal

- Breakfast, Cheese Omelet** 110 cal
- Pop Tart & Cheese 268 cal
 - Variety Yogurt Cup 90 cal
 - Croissant Roll 111 cal
 - Deli Roasted Potatoes 104 cal
 - Fresh Mandarins 98 cal

No menu published

No menu published

No menu published

- Buttermilk Pancakes** 147 cal
- Variety Yogurt Cup 90 cal
 - Breakfast Biscuit 106 cal
 - Apple Juice 90 cal
 - Fresh Apples 68 cal

- Breakfast Pizza** 180 cal
- Yogurt Parfait w/ Strawberry 228 cal
 - Breakfast Biscuit 106 cal
 - Chilled Mixed Fruit 62 cal
 - Fresh Banana (Ripe) 161 cal

- Cinnamon French Toast Sticks** 254 cal
- Variety Yogurt Cup 90 cal
 - Breakfast Biscuit 106 cal
 - Peach Cup 70 cal
 - Fresh Apples 68 cal

- Hard Boiled Egg** 78 cal
- Pop Tart & Cheese 268 cal
 - Breakfast Biscuit 106 cal
 - Deli Roasted Potatoes 104 cal
 - Fresh Sliced Orange 66 cal
 - Fresh Banana (Ripe) 81 cal

- Breaded Mini Chicken Fillet** 111 cal
- Variety 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
 - Variety Yogurt Cup 90 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
- Variety 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
- Variety Yogurt Cup 90 cal
 - Breakfast Biscuit 106 cal
 - Chilled Pears 63 cal
 - Fresh Apple Slices 29 cal
 - Fresh Honeydew 18 cal

- Breakfast Bacon, Egg & Cheese Taco** 190 cal
- Pop Tart & Cheese 268 cal
 - Breakfast Biscuit 106 cal
 - Baby Cakes Hash Browns 130 cal
 - Fresh Pears 75 cal
 - Eggstravaganza 84 cal

- Pork Sausage Patty** 70 cal
- Variety 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
- Yogurt Parfait w/ Blueberry 222 cal
 - Variety Yogurt Cup 90 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
- Variety Yogurt Cup 90 cal
 - Breakfast Biscuit 106 cal
 - Breakfast Bagel 149 cal
 - Chilled Mixed Fruit 62 cal
 - Fresh Banana (Ripe) 161 cal
 - Fresh Honeydew 18 cal

- Cinnamon French Toast Sticks** 254 cal
- Variety Yogurt Cup 90 cal
 - Breakfast Biscuit 106 cal
 - Pineapple Tidbits Cup 60 cal
 - Fresh Sliced Orange 66 cal
 - Fresh Banana (Ripe) 81 cal

- Breakfast, Cheese Omelet** 110 cal
- Pop Tart & Cheese 268 cal
 - Croissant Roll 111 cal
 - Deli Roasted Potatoes 104 cal
 - Fresh Pears 75 cal

Served every day

 Assorted Cereal ·  Milk ·  White Milk