

Plantation Elementary

Breakfast · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

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
- Yogurt Parfait w/ Strawberry 228 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
- Breakfast, Egg Patty 50 cal

1

- Cinnamon French Toast Sticks** 254 cal
- Flavored Yogurt Cup 90 cal
- Breakfast Biscuit 106 cal
- Pineapple Tidbits Cup 60 cal
- Fresh Sliced Orange 33 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
- Flavored Yogurt Cup 90 cal
- Breakfast Biscuit 106 cal
- Apple Juice 90 cal
- Pears, Cup 70 cal

14

- Breakfast Pizza** 180 cal
- Yogurt Parfait w/ Blueberry 222 cal
- Breakfast Biscuit 106 cal
- Chilled Mixed Fruit 62 cal
- Fresh Banana (Ripe) 161 cal

15

- Cinnamon French Toast Sticks** 254 cal
- Flavored Yogurt Cup 90 cal
- Breakfast Biscuit 106 cal
- Peach Cup 70 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/ Blueberry 222 cal
- Breakfast Biscuit 106 cal
- Chilled Mixed Fruit 62 cal
- Applesauce Cup 50 cal
- Cheese Bites 151 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
- Breakfast, Egg Patty 50 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
- Fresh Sliced Orange 33 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
- Eggstravaganza 84 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
- Mini Waffles 89 cal
- Apple Juice 60 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 Apple Slices 29 cal
- Fresh Banana (Ripe) 81 cal

29

- Cinnamon French Toast Sticks** 254 cal
- Flavored Yogurt Cup 90 cal
- Breakfast Biscuit 106 cal
- Pineapple Tidbits Cup 60 cal
- Fresh Sliced Orange 66 cal
- Fresh, Cara Cara Oranges 40 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 · Milk · White Milk