

Plantation High

Breakfast · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

5
Breaded Mini Chicken Fillet
Flavored Yogurt Cup 111 cal
Breakfast Biscuit 90 cal
Breakfast Biscuit 106 cal
Pears, Cup 70 cal
Orange Juice 90 cal

6
Mini Waffles
Yogurt Parfait w/ Strawberry 179 cal
Breakfast Biscuit 228 cal
Breakfast Biscuit 106 cal
Applesauce Cup 50 cal
Mixed Fruit Cup 80 cal

7
Breakfast Pizza
Yogurt Parfait w/ Strawberry 180 cal
Breakfast Biscuit 228 cal
Breakfast Biscuit 106 cal
Peach Cup 70 cal

1
Cinnamon French Toast Sticks 338 cal
Yogurt Parfait w/ Blueberry 222 cal
Breakfast Biscuit 106 cal
Pineapple Tidbits Cup 60 cal
Fresh Banana (Ripe) 161 cal

2
Breakfast, Cheese Omelet 110 cal
Flavored Yogurt Cup 90 cal
Croissant Roll 111 cal
Breakfast Biscuit 106 cal
Deli Roasted Potatoes 104 cal
Fresh Mandarins 98 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
Pears, Cup 70 cal

14
Breakfast Croissant with Ham and Swiss Cheese 300 cal
Yogurt Parfait w/ Strawberry 228 cal
Croissant Roll 111 cal
Mixed Fruit Cup 80 cal
Orange Juice Carton 57 cal

15
Cinnamon French Toast Sticks 338 cal
Yogurt Parfait w/ Blueberry 222 cal
Breakfast Biscuit 106 cal
Peach Cup 70 cal
Fresh Banana (Ripe) 161 cal

16
Hard Boiled Egg 78 cal
Flavored Yogurt Cup 90 cal
Pop Tart & Cheese 268 cal
Breakfast Biscuit 106 cal
Deli Roasted Potatoes 104 cal
Fresh Mandarins 98 cal

19
Breaded Mini Chicken Fillet
Flavored Yogurt Cup 111 cal
Breakfast Biscuit 90 cal
Breakfast Biscuit 106 cal
Mandarin Oranges 74 cal
Apple Juice 90 cal

20
Guava Pastry Bites & Cheese Bites 272 cal
Yogurt Parfait w/ Strawberry 228 cal
Croissant Roll 111 cal
Cinnamon Applesauce Cup 50 cal
Mixed Fruit Cup 80 cal

21
Breakfast, Spicy Egg Patty & Cheese on a Croissant 206 cal
Yogurt Parfait w/ Strawberry 228 cal
Breakfast Biscuit 106 cal
Fresh Banana (Ripe) 161 cal
Peach Cup 70 cal

22
Cinnamon French Toast Sticks 338 cal
Flavored Yogurt Cup 90 cal
Yogurt Parfait w/ Strawberry 228 cal
Croissant Roll 111 cal
Fresh Apple Slices 29 cal
Pears, Cup 70 cal

23
Breakfast Bacon, Egg & Cheese Taco 351 cal
Flavored Yogurt Cup 90 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
Peach Cup 70 cal
Cinnamon Applesauce Cup 50 cal

27
Breakfast Chicken & Waffles 200 cal
Yogurt Parfait w/ Strawberry 228 cal
Breakfast Biscuit 106 cal
Apple Juice 90 cal
Pears, Cup 70 cal

28
Hard Boiled Egg 78 cal
Yogurt Parfait w/ Strawberry 228 cal
Pop Tart & Cheese 268 cal
Breakfast Bagel 149 cal
Croissant Roll 111 cal
Fresh Banana (Ripe) 161 cal
Mixed Fruit Cup 80 cal

29
Cinnamon French Toast Sticks 338 cal
Yogurt Parfait w/ Blueberry 222 cal
Breakfast Biscuit 106 cal
Pineapple Tidbits Cup 60 cal
Fresh Sliced Orange 66 cal

30
Breakfast, Cheese Omelet 110 cal
Flavored Yogurt Cup 90 cal
Croissant Roll 111 cal
Breakfast Biscuit 106 cal
Deli Roasted Potatoes 104 cal
Fresh Mandarins 98 cal

Served every day

Assorted Cereal · Milk