

BREAKFAST

OCTOBER 2026

Pompano Beach Elementary

Broward County Public Schools

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/ Blueberry 222 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 Honey Wheat Biscuit 101 cal Pineapple Tidbits Cup 60 cal Fresh Honeydew 18 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
FLAVORED YOGURT CUP 90 cal Mini Pancakes 202 cal Breakfast Biscuit 106 cal Apple Juice 90 cal Mixed Fruit Cup 80 cal

14
BREAKFAST PIZZA 180 cal Yogurt Parfait w/ Blueberry 222 cal Breakfast Biscuit 106 cal Fresh Honeydew 18 cal Fresh Apple Slices 29 cal

15
CINNAMON FRENCH TOAST STICKS 254 cal Flavored Yogurt Cup 90 cal Breakfast Biscuit 106 cal Peach Cup 70 cal Applesauce Cup 50 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 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 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 Fresh Sliced Orange 33 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

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.