

Pompano Beach Middle

Breakfast · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

1

-  **Cinnamon French Toast Sticks** 338 cal
-  **Flavored Yogurt Cup** 90 cal
-  **Breakfast Biscuit** 106 cal
-  **Pineapple Tidbits Cup** 60 cal
-  **Fresh Apple Slices** 29 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
-  **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

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
-  **Chilled Pears** 63 cal
-  **Apple Juice** 90 cal

14

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

15

-  **Cinnamon French Toast Sticks** 338 cal
-  **Flavored Yogurt Cup** 90 cal
-  **Breakfast Biscuit** 106 cal
-  **Peach Cup** 70 cal
-  **Fresh Apple Slices** 29 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** 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** 338 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 Sliced Orange** 66 cal

26

No menu published

27

-  **Breakfast Chicken & Waffles** 200 cal
-  **Yogurt Parfait w/ Strawberry** 228 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** 338 cal
-  **Flavored Yogurt Cup** 90 cal
-  **Breakfast Biscuit** 106 cal
-  **Pineapple Tidbits Cup** 60 cal
-  **Fresh Apple Slices** 29 cal

30

-  **Breakfast, Cheese Omelet** 110 cal
-  **Pop Tart & Cheese** 268 cal
-  **Croissant Roll** 111 cal
-  **Deli Roasted Potatoes** 104 cal
-  **Fresh Sliced Orange** 66 cal

Served every day

-  **Assorted Cereal**
-  **Milk**