

BREAKFAST

OCTOBER 2026

Riverland 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

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
-  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** 254 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 Cup 74 cal
-  Apple Juice 90 cal

20

-  **GUAVA PASTRY BITES & CHEESE BITES** 272 cal
-  Yogurt Parfait w/ Peach 275 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 Banana (Ripe) 81 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/ Strawberry 228 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
-  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 Banana (Ripe) 161 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  White Milk  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.

MealViewer