

BREAKFAST OCTOBER 2026

Rock Island Elementary

Broward County Public Schools

Monday	Tuesday	Wednesday	Thursday	Friday
			1 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	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 Variety 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 Variety Yogurt Cup 90 cal Croissant Roll 111 cal Chilled Peaches 63 cal Fresh Banana (Ripe) 161 cal Breakfast, Egg Patty 50 cal	8 No menu published	9 No menu published
12 No menu published	13 BUTTERMILK PANCAKES 147 cal Variety Yogurt Cup 90 cal Breakfast Biscuit 106 cal Chilled Pears 63 cal Apple Juice 90 cal	14 HARD BOILED EGG 78 cal Pop Tart & Cheese 268 cal Breakfast Biscuit 106 cal Deli Roasted Potatoes 104 cal Fresh Banana (Ripe) 161 cal	15 CINNAMON FRENCH TOAST STICKS 254 cal Variety Yogurt Cup 90 cal Breakfast Biscuit 106 cal Peach Cup 70 cal Fresh Pineapple Spear 43 cal	16 BREAKFAST PIZZA 180 cal Variety Yogurt Cup 90 cal Breakfast Biscuit 106 cal Chilled Mixed Fruit 62 cal Fresh Banana (Ripe) 161 cal
19 BREADED MINI CHICKEN FILLET 111 cal Variety 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 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	22 BREAKFAST, EGG PATTY & CHEESE ON A CROISSANT 197 cal Variety Yogurt Cup 90 cal Croissant Roll 111 cal Chilled Peaches 63 cal Fresh Banana (Ripe) 161 cal Breakfast, Egg Patty 50 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/ Peach 275 cal Breakfast Biscuit 106 cal Chilled Pears 63 cal Orange Juice 90 cal Mini Waffles 89 cal Apple Juice 60 cal	28 CINNAMON FRENCH TOAST STICKS 254 cal Flavored Yogurt Cup 90 cal Breakfast Biscuit 106 cal Pineapple Tidbits Cup 60 cal Fresh Cantaloupe 30 cal Fresh Pineapple Spear 43 cal	29 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	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.