

BREAKFAST

OCTOBER 2026

Sanders Park Elementary

Broward County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

1

CINNAMON FRENCH TOAST STICKS 254 cal
 Flavored Yogurt Cup 90 cal
 Honey Wheat Biscuit 101 cal
 Pineapple Tidbits Cup 60 cal
 Fresh Apple Slices 29 cal
 Fresh Banana (Ripe) 81 cal
 White Milk 110 cal

2

POP TART & CHEESE 268 cal
 Breakfast, Egg Patty & Cheese on a Croissant 197 cal
 Breakfast, Egg Patty 50 cal
 Honey Wheat Biscuit 101 cal
 Deli Roasted Potatoes 104 cal
 Fresh Sliced Orange 33 cal
 White Milk 110 cal

5

BREADED MINI CHICKEN FILLET 111 cal
 Flavored Yogurt Cup 90 cal
 Honey Wheat Biscuit 101 cal
 Pears, Cup 70 cal
 Orange Juice 90 cal

6

MINI BLUEBERRY BASH WAFFLES 210 cal
 Yogurt Parfait w/ Strawberry 228 cal
 Honey Wheat Biscuit 101 cal
 Chilled Mixed Fruit 62 cal
 Applesauce Cup 50 cal
 Mini Waffles 89 cal
 White Milk 110 cal

7

BREAKFAST, EGG PATTY & CHEESE ON A CROISSANT 197 cal
 Flavored Yogurt Cup 90 cal
 Honey Wheat Biscuit 101 cal
 Chilled Peaches 63 cal
 Fresh Banana (Ripe) 161 cal
 Breakfast, Egg Patty 50 cal
 White Milk 110 cal

8

No menu published

9

No menu published

12

No menu published

13

BUTTERMILK PANCAKES 147 cal
 Strawberry Banana Yogurt 90 cal
 Honey Wheat Biscuit 101 cal
 Chilled Pears 63 cal
 Applesauce Cup 50 cal

14

BREAKFAST PIZZA 180 cal
 Yogurt Parfait w/ Strawberry 228 cal
 Honey Wheat Biscuit 101 cal
 Chilled Mixed Fruit 62 cal
 Fresh Banana (Ripe) 161 cal

15

CINNAMON FRENCH TOAST STICKS 254 cal
 Flavored Yogurt Cup 90 cal
 Honey Wheat Biscuit 101 cal
 Peach Cup 70 cal
 Fresh Apple Slices 29 cal

16

HARD BOILED EGG 78 cal
 Pop Tart & Cheese 268 cal
 Honey Wheat Biscuit 101 cal
 Deli Roasted Potatoes 104 cal
 Fresh Sliced Orange 66 cal

19

BREADED MINI CHICKEN FILLET 111 cal
 Flavored Yogurt Cup 90 cal
 Hard Boiled Egg 78 cal
 Honey Wheat Biscuit 101 cal
 Mandarin Oranges Cup 74 cal
 Apple Juice 90 cal

20

GUAVA PASTRY BITES & CHEESE BITES 272 cal
 Yogurt Parfait w/ Strawberry 228 cal
 Honey Wheat Biscuit 101 cal
 Chilled Mixed Fruit 62 cal
 Applesauce Cup 50 cal

21

BREAKFAST, EGG PATTY & CHEESE ON A CROISSANT 197 cal
 Strawberry Banana Yogurt 90 cal
 Croissant Roll 111 cal
 Chilled Peaches 63 cal
 Fresh Banana (Ripe) 161 cal

22

CINNAMON FRENCH TOAST STICKS 254 cal
 Strawberry Banana Yogurt 90 cal
 Honey Wheat Biscuit 101 cal
 Chilled Pears 63 cal
 Fresh Apple Slices 29 cal

23

BREAKFAST BACON, EGG & CHEESE TACO 190 cal
 Pop Tart & Cheese 268 cal
 Honey Wheat Biscuit 101 cal
 Baby Cakes Hash Browns 130 cal
 Fresh Sliced Orange 66 cal
 Soy Milk 150 cal

26

PORK SAUSAGE PATTY 70 cal
 Flavored Yogurt Cup 90 cal
 Hard Boiled Egg 78 cal
 Honey Wheat Biscuit 101 cal
 Strawberry Nutrigrain Bar 150 cal
 Peach Cup 70 cal
 Cinnamon Applesauce Cup 50 cal
 Soy Milk 150 cal

27

BREAKFAST CHICKEN & WAFFLES 200 cal
 Yogurt Parfait w/ Strawberry 228 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
 Soy Milk 150 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
 Soy Milk 150 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

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.

MenuViewer