

# Sawgrass Springs Middle

Breakfast · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

**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

**Mini Waffles** 179 cal  
 Yogurt Parfait w/ Peach 275 cal  
 Breakfast Biscuit 106 cal  
 Chilled Mixed Fruit 62 cal  
 Applesauce Cup 50 cal

**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

**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

**Breakfast, Cheese Omelet** 110 cal  
 Pop Tart & Cheese 268 cal  
 Croissant Roll 111 cal  
 Deli Roasted Potatoes 104 cal  
 Mandarin Oranges Cup 74 cal

No menu published

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**Buttermilk Pancakes** 147 cal  
 Flavored Yogurt Cup 90 cal  
 Breakfast Biscuit 106 cal  
 Chilled Pears 63 cal  
 Apple Juice 90 cal  
 Orange Juice 60 cal

**Breakfast Pizza** 180 cal  
 Yogurt Parfait w/ Peach 275 cal  
 Breakfast Biscuit 106 cal  
 Chilled Mixed Fruit 62 cal  
 Fresh Sliced Orange 66 cal

**Cinnamon French Toast Sticks** 338 cal  
 Flavored Yogurt Cup 90 cal  
 Breakfast Biscuit 106 cal  
 Peach Cup 70 cal  
 Pineapple Wedges, Individually Wrapped 50 cal

**Hard Boiled Egg** 78 cal  
 Pop Tart & Cheese 268 cal  
 Breakfast Biscuit 106 cal  
 Deli Roasted Potatoes 104 cal  
 Fresh Mandarins 98 cal

**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

**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

**Breakfast, Egg Patty & Cheese on a Croissant** 197 cal  
 Flavored Yogurt Cup 90 cal  
 Croissant Roll 111 cal  
 Chilled Peaches 63 cal  
 Fresh Apples 68 cal

**Cinnamon French Toast Sticks** 338 cal  
 Flavored Yogurt Cup 90 cal  
 Breakfast Biscuit 106 cal  
 Chilled Pears 63 cal  
 Fresh Banana (Ripe) 161 cal

**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

**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

**Breakfast Chicken & Waffles** 200 cal  
 Yogurt Parfait w/ Peach 275 cal  
 Breakfast Biscuit 106 cal  
 Chilled Pears 63 cal  
 Orange Juice 90 cal

**Hard Boiled Egg** 78 cal  
 Flavored Yogurt Cup 90 cal  
 Breakfast Biscuit 106 cal  
 Breakfast Bagel 149 cal  
 Chilled Mixed Fruit 62 cal  
 Fresh Apple Slices 29 cal

**Cinnamon French Toast Sticks** 338 cal  
 Flavored Yogurt Cup 90 cal  
 Breakfast Biscuit 106 cal  
 Pineapple Tidbits Cup 60 cal  
 Fresh Banana (Ripe) 161 cal

**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