

Seminole Middle

Breakfast · October 2026

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
 -  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

- 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

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 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

- 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 Mandarins 98 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

- 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 Mandarins 98 cal

Served every day

-  Assorted Cereal
-  Milk