

BREAKFAST

OCTOBER 2026

Sheridan Technical College

Broward County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

5  ASSORTED POP TARTS 177 cal  Peach Cup 70 cal  Pears, Cup 70 cal	6  STRAWBERRY NUTRIGRAIN BAR 150 cal  Cinnamon Applesauce Cup 50 cal  Mandarin Oranges Cup 74 cal	7  ASSORTED POP TARTS 177 cal  Peach Cup 70 cal  Pineapple Tidbits Cup 60 cal	8 No menu published	9 No menu published
12 No menu published	13  STRAWBERRY NUTRIGRAIN BAR 150 cal  Cinnamon Applesauce Cup 50 cal  Mandarin Oranges Cup 74 cal	14  ASSORTED POP TARTS 177 cal  Mixed Fruit Cup 80 cal  Peach Cup 70 cal	15  STRAWBERRY NUTRIGRAIN BAR 150 cal  Applesauce Cup 50 cal  Pears, Cup 70 cal	16  ASSORTED POP TARTS 177 cal  Mandarin Oranges Cup 74 cal  Pineapple Tidbits Cup 60 cal
19  ASSORTED POP TARTS 177 cal  Peach Cup 70 cal  Pears, Cup 70 cal	20  STRAWBERRY NUTRIGRAIN BAR 150 cal  Cinnamon Applesauce Cup 50 cal  Mandarin Oranges Cup 74 cal	21  ASSORTED POP TARTS 177 cal  Apple Juice 90 cal  Pineapple Tidbits Cup 60 cal	22  STRAWBERRY NUTRIGRAIN BAR 150 cal  Mixed Fruit Cup 80 cal  Pears, Cup 70 cal	23  ASSORTED POP TARTS 177 cal  Applesauce Cup 50 cal  Pineapple Tidbits Cup 60 cal
26  ASSORTED POP TARTS 177 cal  Peach Cup 70 cal  Pears, Cup 70 cal	27  STRAWBERRY NUTRIGRAIN BAR 150 cal  Cinnamon Applesauce Cup 50 cal  Mandarin Oranges Cup 74 cal	28  ASSORTED POP TARTS 177 cal  Apple Juice 90 cal  Pineapple Wedges, Individually Wrapped 50 cal	29  STRAWBERRY NUTRIGRAIN BAR 150 cal  Fresh Apple Slices 29 cal  Pears, Cup 70 cal	30  ASSORTED POP TARTS 177 cal  Applesauce Cup 50 cal  Mixed Fruit Cup 80 cal

Served every day:

 Assorted Cereal ·  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.

MealViewer