

BREAKFAST

OCTOBER 2026

Sheridan Technical High

Broward County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

5

-  **BREADED MINI CHICKEN FILLET** 111 cal
-  Flavored Yogurt Cup 90 cal
-  Breakfast Biscuit 106 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 PIZZA** 180 cal
-  Yogurt Parfait w/ Strawberry 228 cal
-  Breakfast Biscuit 106 cal
-  Chilled Peaches 63 cal
-  Fresh Banana (Ripe) 161 cal

1

-  **CINNAMON FRENCH TOAST STICKS** 338 cal
-  Yogurt Parfait w/ Strawberry 228 cal
-  Breakfast Biscuit 106 cal
-  Pineapple Tidbits Cup 60 cal
-  Fresh Sliced Orange 66 cal

2

-  **BREAKFAST, CHEESE OMELET** 110 cal
-  Flavored Yogurt Cup 90 cal
-  Croissant Roll 111 cal
-  Deli Roasted Potatoes 104 cal
-  Fresh Mandarins 98 cal

12

No menu published

13

-  **BUTTERMILK PANCAKES** 147 cal
-  Flavored Yogurt Cup 90 cal
-  Honey Wheat Biscuit 101 cal
-  Pears, Cup 70 cal
-  Strawberry Applesauce Cup 70 cal

14

-  **BREAKFAST CROISSANT WITH HAM AND SWISS CHEESE** 300 cal
-  Yogurt Parfait w/ Strawberry 228 cal
-  Croissant Roll 111 cal
-  Chilled Mixed Fruit 62 cal
-  Fresh Sliced Orange 66 cal

15

-  **CINNAMON FRENCH TOAST STICKS** 338 cal
-  Yogurt Parfait w/ Strawberry 228 cal
-  Breakfast Biscuit 106 cal
-  Peach Cup 70 cal
-  Fresh Sliced Orange 66 cal

16

-  **HARD BOILED EGG** 78 cal
-  Flavored Yogurt Cup 90 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
-  Mandarin Oranges Cup 74 cal
-  Apple Juice 90 cal

20

-  **GUAVA PASTRY BITES & CHEESE BITES** 272 cal
-  Yogurt Parfait w/ Strawberry 228 cal
-  Croissant Roll 111 cal
-  Chilled Mixed Fruit 62 cal
-  Cinnamon Applesauce Cup 50 cal

21

-  **BREAKFAST, SPICY EGG PATTY & CHEESE ON A CROISSANT** 206 cal
-  Yogurt Parfait w/ Strawberry 228 cal
-  Breakfast Biscuit 106 cal
-  Chilled Peaches 63 cal
-  Fresh Banana (Ripe) 161 cal

22

-  **CINNAMON FRENCH TOAST STICKS** 338 cal
-  Yogurt Parfait w/ Strawberry 228 cal
-  Croissant Roll 111 cal
-  Chilled Pears 63 cal
-  Fresh Apple Slices 29 cal

23

-  **BREAKFAST BACON, EGG & CHEESE TACO** 351 cal
-  Flavored Yogurt Cup 90 cal
-  Breakfast Biscuit 106 cal
-  Baby Cakes Hash Browns 130 cal
-  Fresh Sliced Orange 66 cal

26

-  **PORK SAUSAGE PATTY** 70 cal
-  Flavored Yogurt Cup 90 cal
-  Breakfast Biscuit 106 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
-  Apple Juice 90 cal

28

-  **HARD BOILED EGG** 78 cal
-  Yogurt Parfait w/ Blueberry 222 cal
-  Breakfast Bagel 149 cal
-  Croissant Roll 111 cal
-  Fresh Banana (Ripe) 161 cal
-  Chilled Mixed Fruit 62 cal

29

-  **CINNAMON FRENCH TOAST STICKS** 338 cal
-  Yogurt Parfait w/ Blueberry 222 cal
-  Breakfast Biscuit 106 cal
-  Pineapple Tidbits Cup 60 cal
-  Fresh Sliced Orange 66 cal

30

-  **BREAKFAST, CHEESE OMELET** 110 cal
-  Flavored Yogurt Cup 90 cal
-  Croissant Roll 111 cal
-  Deli Roasted Potatoes 104 cal
-  Fresh Mandarins 98 cal

Served every day:

-  Assorted Cereal

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.