

BREAKFAST OCTOBER 2026

Silver Lakes Middle

Broward County Public Schools

Monday	Tuesday	Wednesday	Thursday	Friday
			1  CINNAMON FRENCH TOAST STICKS 338 cal  Flavored Yogurt Cup 90 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
5  BREADED MINI CHICKEN FILLET 111 cal  Flavored Yogurt Cup 90 cal  Strawberry Nutrigrain Bar 150 cal  Pears, Cup 70 cal  Orange Juice 90 cal	6  MINI WAFFLES 179 cal  Yogurt Parfait w/ Blueberry 222 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  Strawberry Nutrigrain Bar 150 cal  Chilled Peaches 63 cal  Fresh Banana (Ripe) 161 cal	8 No menu published	9 No menu published
12 No menu published	13  BUTTERMILK PANCAKES 147 cal  Flavored Yogurt Cup 90 cal  Apple Juice 90 cal  Pears, Cup 70 cal	14  BREAKFAST PIZZA 180 cal  Yogurt Parfait w/ Blueberry 222 cal  Chilled Mixed Fruit 62 cal  Fresh Apple Slices 29 cal	15  CINNAMON FRENCH TOAST STICKS 338 cal  Flavored Yogurt Cup 90 cal  Peach Cup 70 cal  Fresh Apple Slices 29 cal	16  HARD BOILED EGG 78 cal  Pop Tart & Cheese 268 cal  Deli Roasted Potatoes 104 cal  Fresh Sliced Orange 66 cal
19  BREADED MINI CHICKEN FILLET 111 cal  Flavored Yogurt Cup 90 cal  Strawberry Nutrigrain Bar 150 cal  Mandarin Oranges Cup 74 cal  Orange Juice 90 cal	20  GUAVA PASTRY BITES & CHEESE BITES 272 cal  Yogurt Parfait w/ Blueberry 222 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  Chilled Pears 63 cal  Fresh Apple Slices 29 cal	23  BREAKFAST BACON, EGG & CHEESE TACO 190 cal  Pop Tart & Cheese 268 cal  Baby Cakes Hash Browns 130 cal  Fresh Mandarins 98 cal
26  PORK SAUSAGE PATTY 70 cal  Flavored Yogurt Cup 90 cal  Strawberry Nutrigrain Bar 150 cal  Peach Cup 70 cal  Cinnamon Applesauce Cup 50 cal	27  BREAKFAST CHICKEN & WAFFLES 200 cal  Yogurt Parfait w/ Blueberry 222 cal  Chilled Pears 63 cal  Orange Juice 90 cal	28  HARD BOILED EGG 78 cal  Flavored Yogurt Cup 90 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  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 ·  Breakfast Biscuit ·  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.