

BREAKFAST

OCTOBER 2026

Silver Trail Middle

Broward County Public Schools

Monday	Tuesday	Wednesday	Thursday	Friday
BREADED MINI CHICKEN FILLET 111 cal Flavored Yogurt Cup 90 cal Hard Boiled Egg 79 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/ Blueberry 222 cal Hard Boiled Egg 79 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 Hard Boiled Egg 79 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 Hard Boiled Egg 79 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 Hard Boiled Egg 79 cal Croissant Roll 111 cal Deli Roasted Potatoes 104 cal Fresh Mandarins 98 cal
BREADED MINI CHICKEN FILLET 111 cal Flavored Yogurt Cup 90 cal Hard Boiled Egg 79 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/ Blueberry 222 cal Hard Boiled Egg 79 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 Hard Boiled Egg 79 cal Croissant Roll 111 cal Chilled Peaches 63 cal Fresh Banana (Ripe) 161 cal	No menu published	No menu published
No menu published	BUTTERMILK PANCAKES 147 cal Flavored Yogurt Cup 90 cal Hard Boiled Egg 78 cal Breakfast Biscuit 106 cal Chilled Pears 63 cal Apple Juice 90 cal	BREAKFAST PIZZA 180 cal Yogurt Parfait w/ Blueberry 222 cal Hard Boiled Egg 78 cal Breakfast Biscuit 106 cal Chilled Mixed Fruit 62 cal Fresh Banana (Ripe) 161 cal	CINNAMON FRENCH TOAST STICKS 338 cal Flavored Yogurt Cup 90 cal Breakfast Biscuit 106 cal Peach Cup 70 cal Fresh Banana (Ripe) 161 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 Orange Juice 90 cal	GUAVA PASTRY BITES & CHEESE BITES 272 cal Yogurt Parfait w/ Blueberry 222 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 Hard Boiled Egg 78 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 Hard Boiled Egg 78 cal Breakfast Biscuit 106 cal Chilled Pears 63 cal Fresh Apple Slices 29 cal	BREAKFAST BACON, EGG & CHEESE TACO 190 cal Pop Tart & Cheese 268 cal Hard Boiled Egg 78 cal Breakfast Biscuit 106 cal Baby Cakes Hash Browns 130 cal Fresh Mandarins 98 cal
PORK SAUSAGE PATTY 70 cal Flavored Yogurt Cup 90 cal Hard Boiled Egg 78 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/ Blueberry 222 cal Hard Boiled Egg 78 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 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 Apples 68 cal	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

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.