

Broward County Public Schools
Sunrise Middle

Breakfast · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

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

Mini Waffles 179 cal
 Yogurt Parfait w/ Strawberry 228 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
 Croissant Roll 111 cal
 Chilled Peaches 63 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 Cantaloupe 30 cal

Breakfast, Cheese Omelet 110 cal
 Pop Tart & Cheese 268 cal
 Croissant Roll 111 cal
 Deli Roasted Potatoes 104 cal
 Fresh Sliced Orange 66 cal

No menu published

No menu published

No menu published

Buttermilk Pancakes 147 cal
 Strawberry Yogurt 90 cal
 Breakfast Biscuit 106 cal
 Chilled Pears 63 cal
 Apple Juice 90 cal

Breakfast Pizza 180 cal
 Yogurt Parfait w/ Strawberry 228 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 Cantaloupe 30 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/ Strawberry 228 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
 Croissant Roll 111 cal
 Chilled Peaches 63 cal
 Fresh Banana (Ripe) 161 cal

Cinnamon French Toast Sticks 338 cal
 Flavored Yogurt Cup 90 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
 Breakfast Biscuit 106 cal
 Baby Cakes Hash Browns 130 cal
 Fresh Mandarins 98 cal

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

Breakfast Chicken & Waffles 200 cal
 Yogurt Parfait w/ Strawberry 228 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 Cantaloupe 30 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