

BREAKFAST OCTOBER 2026

Tamarac Elementary

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
Strawberry Nutrigrain Bar	150 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, Egg Patty & Cheese on a Croissant	197 cal
Flavored Yogurt Cup	90 cal
Frosted Corn Flakes Cereal	111 cal
Croissant Roll	111 cal
Chilled Peaches	63 cal
Fresh Banana (Ripe)	161 cal
Breakfast, Egg Patty	50 cal

1

Cinnamon French Toast Sticks	254 cal
Flavored Yogurt Cup	90 cal
Frosted Corn Flakes Cereal	111 cal
Breakfast Biscuit	106 cal
Pineapple Tidbits	60 cal
Cup	
Chilled Peaches	63 cal

2

Breakfast, Cheese Omelet	110 cal
Pop Tart & Cheese	268 cal
Frosted Corn Flakes Cereal	111 cal
Croissant Roll	111 cal
Deli Roasted Potatoes	104 cal
Fresh Mandarins	98 cal

12

No menu published	
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13

Buttermilk Pancakes	147 cal
Flavored Yogurt Cup	90 cal
Breakfast Biscuit	106 cal
Apple Juice	90 cal
Pears, Cup	70 cal
Pineapple Wedges, Individually Wrapped	50 cal
Lactose Free Milk	90 cal

14

Breakfast Pizza	180 cal
Yogurt Parfait w/ Strawberry	228 cal
Breakfast Biscuit	106 cal
Chilled Mixed Fruit	62 cal
Fresh Banana (Ripe)	161 cal

15

Cinnamon French Toast Sticks	254 cal
Flavored Yogurt Cup	90 cal
Breakfast Biscuit	106 cal
Peach Cup	70 cal
Fresh Apple Slices	29 cal

16

Hard Boiled Egg	78 cal
Pop Tart & Cheese	268 cal
Breakfast Biscuit	106 cal
Deli Roasted Potatoes	104 cal
Fresh Mandarins	98 cal
Mandarin Oranges Cup	74 cal

19

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

20

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
Lactose Free Milk	90 cal
Cheese Bites	151 cal

21

Breakfast, Egg Patty & Cheese on a Croissant	197 cal
Flavored Yogurt Cup	90 cal
Frosted Corn Flakes Cereal	111 cal
Croissant Roll	111 cal
Chilled Peaches	63 cal
Fresh Banana (Ripe)	161 cal
Lactose Free Milk	90 cal
Breakfast, Egg Patty	50 cal

22

Cinnamon French Toast Sticks	254 cal
Flavored Yogurt Cup	90 cal
Pork Sausage Patty	70 cal
Breakfast Biscuit	106 cal
Chilled Pears	63 cal
Fresh Apple Slices	29 cal
Fresh Cantaloupe	15 cal
Lactose Free Milk	90 cal

23

Breakfast Bacon, Egg & Cheese Taco	190 cal
Pop Tart & Cheese	268 cal
Breakfast Biscuit	106 cal
Baby Cakes Hash Browns	130 cal
Fresh Sliced Orange	66 cal
Lactose Free Milk	90 cal
Eggstravaganza	84 cal

26

Pork Sausage Patty	70 cal
Flavored Yogurt Cup	90 cal
Cheerios Cereal	101 cal
Breakfast Biscuit	106 cal
Strawberry Nutrigrain Bar	150 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
Breakfast Bagel	75 cal
Chilled Pears	63 cal
Orange Juice	90 cal
Mini Waffles	89 cal
Apple Juice	60 cal

28

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

29

Cinnamon French Toast Sticks	254 cal
Flavored Yogurt Cup	90 cal
Breakfast Biscuit	106 cal
Pineapple Tidbits	60 cal
Cup	
Fresh Apple Slices	29 cal
Applesauce Cup	50 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

EVERY DAY

- Assorted Cereal
- Milk
- White Milk

Menu subject to change.