

BREAKFAST

OCTOBER 2026

Tequesta Trace Middle

Broward County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

5

-  **BREADED MINI CHICKEN FILLET** 111 cal
-  Flavored Yogurt Cup 90 cal
-  Strawberry Nutrigrain Bar 150 cal
-  Honey Wheat Biscuit 101 cal
-  Pears, Cup 70 cal
-  Orange Juice 90 cal

6

-  **MINI WAFFLES** 179 cal
-  Honey Wheat Biscuit 101 cal
-  Applesauce Cup 50 cal
-  Mixed Fruit Cup 80 cal

7

-  **BREAKFAST, EGG PATTY & CHEESE ON A CROISSANT** 197 cal
-  Flavored Yogurt Cup 90 cal
-  Croissant Roll 111 cal
-  Fresh Banana (Ripe) 161 cal
-  Peach Cup 70 cal

1

-  **CINNAMON FRENCH TOAST STICKS** 338 cal
-  Flavored Yogurt Cup 90 cal
-  Honey Wheat Biscuit 101 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
-  Mandarin Oranges Cup 74 cal

12

No menu published

13

-  **BUTTERMILK PANCAKES** 147 cal
-  Flavored Yogurt Cup 90 cal
-  Breakfast Biscuit 106 cal
-  Apple Juice 90 cal
-  Pears, Cup 70 cal

14

-  **BREAKFAST PIZZA** 180 cal
-  Yogurt Parfait w/ Fruit Mix 273 cal
-  Breakfast Biscuit 106 cal
-  Mixed Fruit Cup 80 cal
-  Pears, Cup 70 cal

15

-  **CINNAMON FRENCH TOAST STICKS** 338 cal
-  Flavored Yogurt Cup 90 cal
-  Honey Wheat Biscuit 101 cal
-  Peach Cup 70 cal
-  Fresh Apple Slices 29 cal

16

-  **HARD BOILED EGG** 78 cal
-  Pop Tart & Cheese 268 cal
-  Honey Wheat Biscuit 101 cal
-  Deli Roasted Potatoes 104 cal
-  Mandarin Oranges Cup 74 cal

19

-  **BREADED MINI CHICKEN FILLET** 111 cal
-  Flavored Yogurt Cup 90 cal
-  Strawberry Nutrigrain Bar 150 cal
-  Honey Wheat Biscuit 101 cal
-  Mandarin Oranges Cup 74 cal
-  Orange Juice 90 cal

20

-  **GUAVA PASTRY BITES & CHEESE BITES** 272 cal
-  Yogurt Parfait w/ Fruit Mix 273 cal
-  Honey Wheat Biscuit 101 cal
-  Applesauce Cup 50 cal
-  Mixed Fruit Cup 80 cal

21

-  **BREAKFAST, EGG PATTY & CHEESE ON A CROISSANT** 197 cal
-  Flavored Yogurt Cup 90 cal
-  Fresh Banana (Ripe) 161 cal
-  Peach Cup 70 cal

22

-  **CINNAMON FRENCH TOAST STICKS** 338 cal
-  Flavored Yogurt Cup 90 cal
-  Breakfast Biscuit 106 cal
-  Fresh Apple Slices 29 cal
-  Pears, Cup 70 cal

23

-  **BREAKFAST BACON, EGG & CHEESE TACO** 190 cal
-  Pop Tart & Cheese 268 cal
-  Breakfast Biscuit 106 cal
-  Baby Cakes Hash Browns 130 cal
-  Mandarin Oranges Cup 74 cal

26

-  **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

27

-  **BREAKFAST CHICKEN & WAFFLES** 200 cal
-  Yogurt Parfait w/ Fruit Mix 273 cal
-  Breakfast Biscuit 106 cal
-  Orange Juice 90 cal
-  Pears, Cup 70 cal

28

-  **HARD BOILED EGG** 78 cal
-  Flavored Yogurt Cup 90 cal
-  Breakfast Biscuit 106 cal
-  Breakfast Bagel 149 cal
-  Fresh Banana (Ripe) 161 cal
-  Mixed Fruit Cup 80 cal

29

-  **CINNAMON FRENCH TOAST STICKS** 338 cal
-  Flavored Yogurt Cup 90 cal
-  Breakfast Biscuit 106 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
-  Mandarin Oranges Cup 74 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.

MealViewer