

BREAKFAST

OCTOBER 2026

Tropical 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
- Croissant Roll 111 cal
- Chilled Peaches 63 cal
- Fresh Banana (Ripe) 161 cal

1

- CINNAMON FRENCH TOAST STICKS** 254 cal
- Flavored Yogurt Cup 90 cal
- Breakfast Biscuit 106 cal
- Pineapple Tidbits Cup 60 cal
- Fresh Sliced Orange 66 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

12

No menu published

13

- BUTTERMILK PANCAKES** 147 cal
- Flavored Yogurt Cup 90 cal
- Chilled Pears 63 cal
- Apple Juice 90 cal

14

- BREAKFAST PIZZA** 180 cal
- Flavored Yogurt Cup 90 cal
- Yogurt Parfait w/ Strawberry 228 cal
- Breakfast Biscuit 106 cal
- Chilled Mixed Fruit 62 cal
- Pineapple Wedges, Individually Wrapped 50 cal

15

- CINNAMON FRENCH TOAST STICKS** 254 cal
- Flavored Yogurt Cup 90 cal
- Breakfast Biscuit 106 cal
- Peach Cup 70 cal
- Applesauce Cup 50 cal

16

- HARD BOILED EGG** 78 cal
- Pop Tart & Cheese 268 cal
- Breakfast Biscuit 106 cal
- Deli Roasted Potatoes 104 cal
- Fresh Banana (Ripe) 161 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

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** 254 cal
- Flavored Yogurt Cup 90 cal
- Breakfast Biscuit 106 cal
- Chilled Pears 63 cal
- Fresh Apple Slices 29 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 Mandarins 98 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/ Strawberry 228 cal
- Breakfast Biscuit 106 cal
- Chilled Pears 63 cal
- Orange Juice 90 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 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 · 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