

BREAKFAST

OCTOBER 2026

Western High

Broward County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

5 BREADED MINI CHICKEN FILLET 111 cal - Variety Yogurt Cup 90 cal - Breakfast Biscuit 106 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 PIZZA 180 cal - Variety Yogurt Cup 90 cal - Breakfast Biscuit 106 cal - Chilled Peaches 63 cal - Fresh Banana (Ripe) 161 cal	8 No menu published	9 No menu published
12 No menu published	13 BUTTERMILK PANCAKES 147 cal - Variety Yogurt Cup 90 cal - Eggstravaganza 126 cal - Breakfast Biscuit 106 cal - Apple Juice 90 cal - Fresh Apple Slices 29 cal	14 BREAKFAST CROISSANT WITH HAM AND SWISS CHEESE 300 cal - Variety Yogurt Cup 90 cal - Croissant Roll 111 cal - Chilled Mixed Fruit 62 cal - Fresh Banana (Ripe) 161 cal	15 CINNAMON FRENCH TOAST STICKS 338 cal - Yogurt Parfait w/ Strawberry 228 cal - Breakfast Biscuit 106 cal - Peach Cup 70 cal - Fresh Apple Slices 29 cal	16 HARD BOILED EGG 78 cal - Variety Yogurt Cup 90 cal - Breakfast Biscuit 106 cal - Deli Roasted Potatoes 104 cal - Fresh Mandarins 98 cal
19 BREADED MINI CHICKEN FILLET 111 cal - Variety Yogurt Cup 90 cal - Breakfast Biscuit 106 cal - Mandarin Oranges Cup 74 cal - Orange Juice 90 cal	20 GUAVA PASTRY BITES & CHEESE BITES 272 cal - Yogurt Parfait w/ Strawberry 228 cal - Croissant Roll 111 cal - Chilled Mixed Fruit 62 cal - Cinnamon Applesauce Cup 50 cal	21 BREAKFAST, SPICY EGG PATTY & CHEESE ON A CROISSANT 206 cal - Yogurt Parfait w/ Strawberry 228 cal - Breakfast Biscuit 106 cal - Chilled Peaches 63 cal - Fresh Banana (Ripe) 161 cal	22 CINNAMON FRENCH TOAST STICKS 338 cal - Yogurt Parfait w/ Strawberry 228 cal - Croissant Roll 111 cal - Chilled Pears 63 cal - Fresh Apple Slices 29 cal	23 BREAKFAST BACON, EGG & CHEESE TACO 351 cal - Variety Yogurt Cup 90 cal - Baby Cakes Hash Browns 130 cal - Fresh Mandarins 98 cal
26 PORK SAUSAGE PATTY 70 cal - Variety Yogurt Cup 90 cal - Breakfast Biscuit 106 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 - Apple Juice 90 cal	28 HARD BOILED EGG 78 cal - Yogurt Parfait w/ Strawberry 228 cal - Breakfast Bagel 149 cal - Croissant Roll 111 cal - Fresh Banana (Ripe) 161 cal - Chilled Mixed Fruit 62 cal	29 CINNAMON FRENCH TOAST STICKS 338 cal - Yogurt Parfait w/ Strawberry 228 cal - Breakfast Biscuit 106 cal - Pineapple Tidbits Cup 60 cal - Fresh Apple Slices 29 cal	30 BREAKFAST, CHEESE OMELET 110 cal - Variety Yogurt Cup 90 cal - Croissant Roll 111 cal - Breakfast Biscuit 106 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.