

BREAKFAST

OCTOBER 2026

Wingate Oaks

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 - Variety Yogurt Cup 90 cal - Breakfast Biscuit 106 cal - Chilled Mixed Fruit 62 cal - Applesauce Cup 50 cal	7 BREAKFAST, EGG PATTY & CHEESE ON A CROISSANT 197 cal - Variety Yogurt Cup 90 cal - Croissant Roll 111 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 - Breakfast Biscuit 106 cal - Apple Juice 90 cal - Pears, Cup 70 cal	14 BREAKFAST PIZZA 180 cal - Variety Yogurt Cup 90 cal - Breakfast Biscuit 106 cal - Chilled Mixed Fruit 62 cal - Fresh Banana (Ripe) 161 cal	15 CINNAMON FRENCH TOAST STICKS 338 cal - Variety Yogurt Cup 90 cal - Breakfast Biscuit 106 cal - Peach Cup 70 cal - Fresh Banana (Ripe) 161 cal	16 POP TART & CHEESE 268 cal - Eggstravaganza 84 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 VARIETY YOGURT CUP 90 cal - Breakfast Biscuit 106 cal - Chilled Mixed Fruit 62 cal - Applesauce Cup 50 cal	21 BREAKFAST, EGG PATTY & CHEESE ON A CROISSANT 197 cal - Variety Yogurt Cup 90 cal - Croissant Roll 111 cal - Chilled Peaches 63 cal - Fresh Banana (Ripe) 161 cal	22 CINNAMON FRENCH TOAST STICKS 338 cal - Variety Yogurt Cup 90 cal - Breakfast Biscuit 106 cal - Chilled Pears 63 cal - Fresh Sliced Orange 33 cal	23 POP TART & CHEESE 268 cal - Eggstravaganza 126 cal - Breakfast Biscuit 106 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 - Variety Yogurt Cup 90 cal - Breakfast Biscuit 106 cal - Chilled Pears 63 cal - Orange Juice 90 cal	28 VARIETY 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 338 cal - Variety Yogurt Cup 90 cal - Breakfast Biscuit 106 cal - Pineapple Tidbits Cup 60 cal - Fresh Sliced Orange 33 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