

BREAKFAST OCTOBER 2026

Ben Sheppard Elementary School

Miami-Dade County Public Schools

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 French Toast Bites 190 cal Eggs Scrambled w/Pork Sausage Patty 190 cal	2 Brazilian Rolls 140 cal Sunrise Scrambled Eggs 70 cal
5 No menu published	6 No menu published	7 No menu published	8 No menu published	9 No menu published
12 Egg Cheese & Sausage Flatbread 168 cal Sunrise Scrambled Eggs 70 cal	13 Waffle, Froot Loop 90 cal Eggs Scrambled w/Pork Sausage Patty 190 cal	14 Banana Bread 306 cal Eggs Scrambled with Grits 200 cal	15 Strawberry Muffin 117 cal Eggs Scrambled w/Turkey Bacon 190 cal	16 Cinnamon Roll 270 cal Sunrise Scrambled Eggs 70 cal
19 Guavalito Queso 110 cal Sunrise Scrambled Eggs 70 cal	20 French Toast Sticks Cinnamon Glazed 210 cal Eggs Scrambled w/Canadian Turkey 120 cal	21 Carrot Waffle 180 cal Sunrise Scrambled Eggs 70 cal	22 Croissant 220 cal Scrambled Eggs w/Chicken Patty 160 cal	23 Pandebono Bites 180 cal Sunrise Scrambled Eggs 70 cal
26 Muffin Top, Chocolate Chip 220 cal Sunrise Scrambled Eggs 70 cal	27 Early Risers Hashbrowns 230 cal Eggs Scrambled w/Canadian Turkey 120 cal	28 Breakfast Bagel, Egg, Cheese and Turkey Sausage 180 cal Sunrise Scrambled Eggs 70 cal	29 French Toast Bites 190 cal Scrambled Eggs w/Pork Sausage Patty 194 cal	30 Brazilian Rolls 140 cal Sunrise Scrambled Eggs 70 cal

EVERY DAY

- Toast
- Assorted Fresh Fruit

Menu subject to change.

Menu data from Miami-Dade County Public Schools, drawn by schoolmenuapp.com. Menu subject to change. Calories are per serving, as Miami-Dade County Public Schools publishes them.

nutrislice