

BREAKFAST OCTOBER 2026

Dr Michael M. Krop Senior High School

Miami-Dade County Public Schools

Monday	Tuesday	Wednesday	Thursday	Friday
No menu published	No menu published	No menu published	FRENCH TOAST BITES 190 cal Eggs Scrambled w/Pork Sausage Patty 190 cal	BRAZILIAN BUNS 140 cal Sunrise Scrambled Eggs 70 cal
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EGG CHEESE & SAUSAGE FLATBREAD 168 cal Sunrise Scrambled Eggs 70 cal	WAFFLE, FROOT LOOP 90 cal Eggs Scrambled w/Pork Sausage Patty 190 cal	BANANA BREAD 306 cal Eggs Scrambled with Grits 200 cal	STRAWBERRY MUFFIN 117 cal Eggs Scrambled w/Turkey Bacon 190 cal	CINNAMON ROLL 270 cal Sunrise Scrambled Eggs 70 cal
GUAVALITO QUESO 110 cal Sunrise Scrambled Eggs 70 cal	FRENCH TOAST STICKS CINNAMON GLAZED 210 cal Eggs Scrambled w/Canadian Turkey 120 cal	CARROT WAFFLE 180 cal Sunrise Scrambled Eggs 70 cal	CROISSANT 220 cal Scrambled Eggs w/Chicken Patty 160 cal	PANDEBONO BITES 180 cal Sunrise Scrambled Eggs 70 cal
MUFFIN TOP, CHOCOLATE CHIP 220 cal Sunrise Scrambled Eggs 70 cal	EARLY RISERS HASHBROWNS 230 cal Eggs Scrambled w/Canadian Turkey 120 cal	BREAKFAST BAGEL, EGG, CHEESE AND TURKEY SAUSAGE 180 cal Sunrise Scrambled Eggs 70 cal	FRENCH TOAST BITES 190 cal Scrambled Eggs w/Pork Sausage Patty 194 cal	BRAZILIAN BUNS 140 cal Sunrise Scrambled Eggs 70 cal

Served every day:

Toast Assorted Fresh Fruit

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](#)