

BREAKFAST

OCTOBER 2026

E.w.f. Stirrup Elementary School

Miami-Dade County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

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

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