

BREAKFAST OCTOBER 2026

Fulford Elementary School

Miami-Dade County Public Schools

Monday	Tuesday	Wednesday	Thursday	Friday
			 FRENCH TOAST BITES 190 cal  Eggs Scrambled w/Pork Sausage Patty 190 cal	 BRAZILIAN ROLLS 140 cal  Sunrise Scrambled Eggs 70 cal
 No menu published	 No menu published	 No menu published	 No menu published	 No menu published
 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 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.

