

Herbert A. Ammons Middle School

Breakfast · October 2026

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 Buns** 140 cal
 Sunrise Scrambled Eggs 70 cal

Served every day

 Toast ·  Assorted Fresh Fruit