

# BREAKFAST OCTOBER 2026

## Itech @ Thomas A. Edison Ed. Ctr.

Miami-Dade County Public Schools

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