

# BREAKFAST OCTOBER 2026

## Jesse J. Mccrary, Jr. Elementary School

Miami-Dade County Public Schools

| Monday                                                                                          | Tuesday                                                                                                     | Wednesday                                                                                                    | Thursday                                                                                      | Friday                                                                       |
|-------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|
|                                                                                                 |                                                                                                             |                                                                                                              | <b>1</b><br><b>FRENCH TOAST BITES</b> 190 cal<br>Eggs Scrambled w/Pork Sausage Patty 190 cal  | <b>2</b><br><b>BRAZILIAN ROLLS</b> 140 cal<br>Sunrise Scrambled Eggs 70 cal  |
| <b>5</b><br>No menu published                                                                   | <b>6</b><br>No menu published                                                                               | <b>7</b><br>No menu published                                                                                | <b>8</b><br>No menu published                                                                 | <b>9</b><br>No menu published                                                |
| <b>12</b><br><b>EGG CHEESE &amp; SAUSAGE FLATBREAD</b> 168 cal<br>Sunrise Scrambled Eggs 70 cal | <b>13</b><br><b>WAFFLE, FROOT LOOP</b> 90 cal<br>Eggs Scrambled w/Pork Sausage Patty 190 cal                | <b>14</b><br><b>BANANA BREAD</b> 306 cal<br>Eggs Scrambled with Grits 200 cal                                | <b>15</b><br><b>STRAWBERRY MUFFIN</b> 117 cal<br>Eggs Scrambled w/Turkey Bacon 190 cal        | <b>16</b><br><b>CINNAMON ROLL</b> 270 cal<br>Sunrise Scrambled Eggs 70 cal   |
| <b>19</b><br><b>GUAVALITO QUESO</b> 110 cal<br>Sunrise Scrambled Eggs 70 cal                    | <b>20</b><br><b>FRENCH TOAST STICKS CINNAMON GLAZED</b> 210 cal<br>Eggs Scrambled w/Canadian Turkey 120 cal | <b>21</b><br><b>CARROT WAFFLE</b> 180 cal<br>Sunrise Scrambled Eggs 70 cal                                   | <b>22</b><br><b>CROISSANT</b> 220 cal<br>Scrambled Eggs w/Chicken Patty 160 cal               | <b>23</b><br><b>PANDEBONO BITES</b> 180 cal<br>Sunrise Scrambled Eggs 70 cal |
| <b>26</b><br><b>MUFFIN TOP, CHOCOLATE CHIP</b> 220 cal<br>Sunrise Scrambled Eggs 70 cal         | <b>27</b><br><b>EARLY RISERS HASHBROWNS</b> 230 cal<br>Eggs Scrambled w/Canadian Turkey 120 cal             | <b>28</b><br><b>BREAKFAST BAGEL, EGG, CHEESE AND TURKEY SAUSAGE</b> 180 cal<br>Sunrise Scrambled Eggs 70 cal | <b>29</b><br><b>FRENCH TOAST BITES</b> 190 cal<br>Scrambled Eggs w/Pork Sausage Patty 194 cal | <b>30</b><br><b>BRAZILIAN ROLLS</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**