

BREAKFAST

OCTOBER 2026

Jorge Mas Canosa Middle 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 BUNS 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