

BREAKFAST OCTOBER 2026

Kinloch Park Elementary School

Miami-Dade County Public Schools

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			★ 1 🥞 French Toast Bites 190 cal 🥞 Eggs Scrambled w/Pork Sausage Patty 190 cal	★ 2 🥞 Brazilian Rolls 140 cal 🥞 Sunrise Scrambled Eggs 70 cal
★ 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 Rolls 140 cal 🥞 Sunrise Scrambled Eggs 70 cal

EVERY DAY

- 🥞 Toast
- 🍎 Assorted Fresh Fruit

Menu subject to change.

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