

# BREAKFAST

## OCTOBER 2026

# Laura C. Saunders Elementary School

Miami-Dade County Public Schools

| MONDAY                                                                                                 | TUESDAY                                                                                                            | WEDNESDAY                                                                                                           | THURSDAY                                                                                             | FRIDAY                                                                              |
|--------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|                                                                                                        |                                                                                                                    |                                                                                                                     | <b>1</b><br><b>French Toast Bites</b> 190 cal<br><b>Eggs Scrambled w/Pork Sausage Patty</b> 190 cal  | <b>2</b><br><b>Brazilian Rolls</b> 140 cal<br><b>Sunrise Scrambled Eggs</b> 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><b>Sunrise Scrambled Eggs</b> 70 cal | <b>13</b><br><b>Waffle, Froot Loop</b> 90 cal<br><b>Eggs Scrambled w/Pork Sausage Patty</b> 190 cal                | <b>14</b><br><b>Banana Bread</b> 306 cal<br><b>Eggs Scrambled with Grits</b> 200 cal                                | <b>15</b><br><b>Strawberry Muffin</b> 117 cal<br><b>Eggs Scrambled w/Turkey Bacon</b> 190 cal        | <b>16</b><br><b>Cinnamon Roll</b> 270 cal<br><b>Sunrise Scrambled Eggs</b> 70 cal   |
| <b>19</b><br><b>Guavalito Queso</b> 110 cal<br><b>Sunrise Scrambled Eggs</b> 70 cal                    | <b>20</b><br><b>French Toast Sticks Cinnamon Glazed</b> 210 cal<br><b>Eggs Scrambled w/Canadian Turkey</b> 120 cal | <b>21</b><br><b>Carrot Waffle</b> 180 cal<br><b>Sunrise Scrambled Eggs</b> 70 cal                                   | <b>22</b><br><b>Croissant</b> 220 cal<br><b>Scrambled Eggs w/Chicken Patty</b> 160 cal               | <b>23</b><br><b>Pandebono Bites</b> 180 cal<br><b>Sunrise Scrambled Eggs</b> 70 cal |
| <b>26</b><br><b>Muffin Top, Chocolate Chip</b> 220 cal<br><b>Sunrise Scrambled Eggs</b> 70 cal         | <b>27</b><br><b>Early Risers Hashbrowns</b> 230 cal<br><b>Eggs Scrambled w/Canadian Turkey</b> 120 cal             | <b>28</b><br><b>Breakfast Bagel, Egg, Cheese and Turkey Sausage</b> 180 cal<br><b>Sunrise Scrambled Eggs</b> 70 cal | <b>29</b><br><b>French Toast Bites</b> 190 cal<br><b>Scrambled Eggs w/Pork Sausage Patty</b> 194 cal | <b>30</b><br><b>Brazilian Rolls</b> 140 cal<br><b>Sunrise Scrambled Eggs</b> 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