

EARLY HEAD START BREAKFAST

OCTOBER 2026

Miami-Dade Early Head Start

Miami-Dade County Public Schools



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 French Toast Bites 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	13 Eggs Scrambled w/Pork Sausage Patty 190 cal Toast 32 cal	14 Banana Bread 306 cal	15 Eggs Scrambled w/Turkey Bacon 190 cal Toast 32 cal	16 Sunrise Scrambled Eggs 70 cal Toast 32 cal
19 Sunrise Scrambled Eggs 70 cal Toast 32 cal	20 French Toast Sticks Cinnamon Glazed 210 cal	21 Carrot Waffle 180 cal	22 Croissant 220 cal Scrambled Eggs w/Chicken Patty 160 cal	23 Sunrise Scrambled Eggs 70 cal Toast 32 cal
26 Sunrise Scrambled Eggs 70 cal Toast 32 cal	27 Early Risers Hashbrowns 230 cal	28 Sunrise Scrambled Eggs 70 cal Toast 32 cal	29 French Toast Bites 190 cal	30 Brazilian Rolls 140 cal Sunrise Scrambled Eggs 70 cal

EVERY DAY

- Assorted Fresh Fruit
- Milk

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