

Miami-Dade County Public Schools

Miami-Dade Head Start

Head Start Breakfast · October 2026



Monday

Tuesday

Wednesday

Thursday

Friday

1

French Toast Bites

190 cal

2

Brazilian Rolls
 Sunrise Scrambled Eggs

140 cal
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
 Toast

190 cal
64 cal

14

Banana Bread

306 cal

15

Eggs Scrambled w/Turkey Bacon
 Toast

190 cal
64 cal

16

Sunrise Scrambled Eggs
 Toast

70 cal
64 cal

19

Sunrise Scrambled Eggs
 Toast

70 cal
64 cal

20

French Toast Sticks Cinnamon Glazed

210 cal

21

Carrot Waffle

180 cal

22

Croissant
 Scrambled Eggs w/Chicken Patty

220 cal
160 cal

23

Sunrise Scrambled Eggs
 Toast

70 cal
64 cal

26

Sunrise Scrambled Eggs
 Toast

70 cal
64 cal

27

Early Risers Hashbrowns

230 cal

28

Sunrise Scrambled Eggs
 Toast

70 cal
64 cal

29

French Toast Bites

190 cal

30

Brazilian Rolls
 Sunrise Scrambled Eggs

140 cal
70 cal

Served every day

Assorted Fresh Fruit · Milk

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