

# BREAKFAST

## OCTOBER 2026

# Miami-Dade Middle Schools

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