

BREAKFAST OCTOBER 2026

Miami Norland Senior High 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 Buns** 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 Buns** 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.

