BREAKFAST

OCTOBER 2026

Palmetto Elementary 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 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 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 ROLLS** 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