

# School for Advanced Studies - North

Breakfast · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

No menu published

No menu published

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**Egg Cheese & Sausage Flatbread** 168 cal  
 Sunrise Scrambled Eggs 70 cal

**Waffle, Froot Loop** 90 cal  
 Eggs Scrambled w/Pork Sausage Patty 190 cal

**Banana Bread** 306 cal  
 Eggs Scrambled with Grits 200 cal

**Strawberry Muffin** 117 cal  
 Eggs Scrambled w/Turkey Bacon 190 cal

**Cinnamon Roll** 270 cal  
 Sunrise Scrambled Eggs 70 cal

**Guavalito Queso** 110 cal  
 Sunrise Scrambled Eggs 70 cal

**French Toast Sticks Cinnamon Glazed** 210 cal  
 Eggs Scrambled w/Canadian Turkey 120 cal

**Carrot Waffle** 180 cal  
 Sunrise Scrambled Eggs 70 cal

**Croissant** 220 cal  
 Scrambled Eggs w/Chicken Patty 160 cal

**Pandebono Bites** 180 cal  
 Sunrise Scrambled Eggs 70 cal

**Muffin Top, Chocolate Chip** 220 cal  
 Sunrise Scrambled Eggs 70 cal

**Early Risers Hashbrowns** 230 cal  
 Eggs Scrambled w/Canadian Turkey 120 cal

**Breakfast Bagel, Egg, Cheese and Turkey Sausage** 180 cal  
 Sunrise Scrambled Eggs 70 cal

**French Toast Bites** 190 cal  
 Scrambled Eggs w/Pork Sausage Patty 194 cal

**Brazilian Buns** 140 cal  
 Sunrise Scrambled Eggs 70 cal

Served every day

🍞 Toast · 🍓 Assorted Fresh Fruit