

South Dade Middle School - Grades 4-8

Breakfast · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

No menu published

No menu published

No menu published

No menu published

No menu published

Egg Cheese & Sausage Flatbread
Sunrise Scrambled Eggs

Waffle, Froot Loop
Eggs Scrambled w/Pork Sausage Patty

Banana Bread
Eggs Scrambled with Grits

Strawberry Muffin
Eggs Scrambled w/Turkey Bacon

Cinnamon Roll
Sunrise Scrambled Eggs

Guavalito Queso
Sunrise Scrambled Eggs

French Toast Sticks Cinnamon Glazed
Eggs Scrambled w/Canadian Turkey

Carrot Waffle
Sunrise Scrambled Eggs

Croissant
Scrambled Eggs w/Chicken Patty

Pandebono Bites
Sunrise Scrambled Eggs

Muffin Top, Chocolate Chip
Sunrise Scrambled Eggs

Early Risers Hashbrowns
Eggs Scrambled w/Canadian Turkey

Breakfast Bagel, Egg, Cheese and Turkey Sausage
Sunrise Scrambled Eggs

French Toast Bites
Scrambled Eggs w/Pork Sausage Patty

Brazilian Buns
Sunrise Scrambled Eggs

Served every day

🍞 Toast · 🍓 Assorted Fresh Fruit