

South Miami Middle School

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 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