

BREAKFAST

Southwood Middle School

Miami-Dade County Public Schools

OCTOBER 2026

Monday

Tuesday

Wednesday

Thursday

Friday

5 No menu published	6 No menu published	7 No menu published	1  FRENCH TOAST BITES 190 cal  Eggs Scrambled w/Pork Sausage Patty 190 cal	2  BRAZILIAN BUNS 140 cal  Sunrise Scrambled Eggs 70 cal
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

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