

BREAKFAST

OCTOBER 2026

Sylvania Heights Elementary School

Miami-Dade County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

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