

Young Women's Preparatory Academy

Breakfast · 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