

Burlingame School District

Lincoln Elementary

Breakfast · October 2026



Monday

Tuesday

Wednesday

Thursday

Friday

5
🍏 **Apple Cinnamon Cheerios** 110 cal
🥛 with
🧀 Low Fat Mozzarella String Cheese 80 cal
or
🌻 Honey Roasted Sunflower Seeds 170 cal

6
🍌 **Breakfast Parfait with Greek Yogurt & Fresh Made Granola** 228 cal

7
🍌 **Multigrain Cheerios Bowlpack** 109 cal
🥛 with
🧀 Low Fat Mozzarella String Cheese 80 cal
or
🌻 Honey Roasted Sunflower Seeds 170 cal

1
🍞 **Soft Wheat Bagel** 170 cal
🥛 with
🧀 Cream Cheese 70 cal

2
🍞 **French Toast Sticks** 193 cal
🥓 Turkey Bacon 42 cal

12
No menu published

13
🍳 **Hard Boiled Egg Biscuit Breakfast Box** 487 cal

14
🍌 **Cinnamon Chex** 120 cal
🥛 with
🧀 Low Fat Mozzarella String Cheese 80 cal
or
🌻 Honey Roasted Sunflower Seeds 170 cal

15
🍞 **Soft Wheat Bagel** 170 cal
🥛 with
🧀 Cream Cheese 70 cal

16
🍳 **Breakfast Quesadilla** 275 cal
🥗 with
🌶️ Salsa 39 cal

19
🍌 **Honey Cheerios Cereal** 110 cal
🥛 with
🧀 Low Fat Mozzarella String Cheese 80 cal
or
🌻 Honey Roasted Sunflower Seeds 170 cal

20
🍞 **Breakfast Biscuit Sandwich** 310 cal

21
🍌 **Rice Chex Bowlpack** 110 cal
🥛 with
🧀 Low Fat Mozzarella String Cheese 80 cal
or
🌻 Honey Roasted Sunflower Seeds 170 cal

22
🍞 **Soft Wheat Bagel** 170 cal
🥛 Cream Cheese cup 60 cal

23
🍳 **Scrambled Eggs** 93 cal
🥓 with
🥓 Turkey Sausage Link and
🍪 Mini Baked Biscuits 100 cal

26
🍌 **Blueberry Chex** 120 cal
🥛 with
🧀 Low Fat Mozzarella String Cheese 80 cal
or
🌻 Honey Roasted Sunflower Seeds 170 cal

27
🍳 **Egg & Cheddar Cheese Breakfast Sandwich** 226 cal
🍞 on English Muffin

28
🌾 **Frosted Corn Flakes Cereal** 110 cal
🥛 with
🧀 Low Fat Mozzarella String Cheese 80 cal
or
🌻 Honey Roasted Sunflower Seeds 170 cal

29
🍞 **Soft Wheat Bagel** 170 cal
🥛 Cream Cheese cup 60 cal

30
🍞 **Dos Pisano's Cinnamon Roll, Local** 300 cal
🥓 with
🥓 Turkey Sausage Link 60 cal

Menu data from Burlingame School District, drawn by schoolmenuapp.com. Menu subject to change. Calories are per serving, as Burlingame School District publishes them.

nutrilslice