

BREAKFAST

OCTOBER 2026

McKinley Elementary

Burlingame School District



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 BOWLPAK 109 cal
with
Low Fat Mozzarella String Cheese 80 cal
or
Honey Roasted Sunflower Seeds 170 cal

8

SOFT WHEAT BAGEL 170 cal
with
Cream Cheese 70 cal

9

EGGOJI WAFFLES 179 cal
with
Baked Fruit Topping 95 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 BOWLPAK 110 cal
with
Low Fat Mozzarella String Cheese 80 cal
or
Honey Roasted Sunflower Seeds 170 cal

22

SOFT WHEAT BAGEL 170 cal
with
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
with
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.

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