

BREAKFAST

OCTOBER 2026

Washington Elementary

Burlingame School District



Monday

Tuesday

Wednesday

Thursday

Friday

			1 SOFT WHEAT BAGEL 170 cal with Cream Cheese 70 cal	2 FRENCH TOAST STICKS 193 cal Turkey Bacon 42 cal
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 Cream Cheese cup 60 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 Cream Cheese cup 60 cal	23 SCRAMBLED EGGS 93 cal with Turkey Sausage Link and Mini Baked Biscuits 60 cal 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.

nutrislice