



BREAKFAST

OCTOBER 2026

Alonso High School

Hillsborough 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

No menu published

13

CHICKEN BISCUIT 290 cal
Dannon Creamy Yogurt 70 cal
Cinnamon Granola 120 cal
Breakfast Scrambler Bowl 315 cal

14

SAUSAGE BISCUIT 290 cal
Vanilla Belgian Waffle 240 cal
Fruity Yogurt Parfait 219 cal

15

CHICKEN BISCUIT 290 cal
Mini Pancakes 230 cal
Breakfast Mac and Cheese 282 cal

16

MORNING SWICY STACK 252 cal
Eggo Mini French Toast 200 cal
Strawberry Bagelful 190 cal

19

SAUSAGE BISCUIT 290 cal
Banana Chocolate Breakfast Bar 280 cal
French Toast Sticks 260 cal

20

CHICKEN BISCUIT 290 cal
Dannon Creamy Yogurt 70 cal
Cinnamon Granola 120 cal
Breakfast Scrambler Bowl 315 cal

21

SAUSAGE BISCUIT 290 cal
Vanilla Belgian Waffle 240 cal
Fruity Yogurt Parfait 219 cal

22

CHICKEN BISCUIT 290 cal
Mini Pancakes 230 cal
Breakfast Mac and Cheese 282 cal

23

MORNING SWICY STACK 252 cal
Eggo Mini French Toast 200 cal
Strawberry Bagelful 190 cal

26

SAUSAGE BISCUIT 290 cal
Banana Chocolate Breakfast Bar 280 cal
French Toast Sticks 260 cal

27

CHICKEN BISCUIT 290 cal
Dannon Creamy Yogurt 70 cal
Cinnamon Granola 120 cal
Breakfast Scrambler Bowl 315 cal

28

SAUSAGE BISCUIT 290 cal
Vanilla Belgian Waffle 240 cal
Fruity Yogurt Parfait 219 cal

29

CHICKEN BISCUIT 290 cal
Mini Pancakes 230 cal
Breakfast Mac and Cheese 282 cal

30

MORNING SWICY STACK 252 cal
Eggo Mini French Toast 200 cal
Strawberry Bagelful 190 cal

Menu data from Hillsborough County Public Schools, drawn by schoolmenuapp.com. Menu subject to change. Calories are per serving, as Hillsborough County Public Schools publishes them.

nutrislice