

BREAKFAST OCTOBER 2026

East Bay High School

Hillsborough County Public Schools



Monday	Tuesday	Wednesday	Thursday	Friday
			★ 1 - CHICKEN BISCUIT 290 cal - Mini Pancakes 230 cal - Breakfast Mac and Cheese 282 cal	★ 2 - MORNING SWICY STACK 252 cal - Eggo Mini French Toast 200 cal - Strawberry Bagelful 190 cal
★ 5 No menu published	★ 6 No menu published	★ 7 No menu published	★ 8 No menu published	★ 9 No menu published
★ No menu published	★ - CHICKEN BISCUIT 290 cal - Dannon Creamy Yogurt 70 cal - Cinnamon Granola 120 cal - Breakfast Scrambler Bowl 315 cal	★ - SAUSAGE BISCUIT 290 cal - Vanilla Belgian Waffle 240 cal - Fruity Yogurt Parfait 219 cal	★ - CHICKEN BISCUIT 290 cal - Mini Pancakes 230 cal - Breakfast Mac and Cheese 282 cal	★ - 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.