

BREAKFAST OCTOBER 2026

Essrig Elementary 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
12 No menu published	13 CHICKEN BISCUIT 290 cal Dannon Danimals 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 Danimals 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 Danimals 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.