

BREAKFAST OCTOBER 2026

Knights 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.