

BREAKFAST

OCTOBER 2026

Lowry Elementary School

Hillsborough County Public Schools



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5

No menu published

6

No menu published

7

No menu published

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

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