

# BREAKFAST

## OCTOBER 2026

# Newsome 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