

BREAKFAST

OCTOBER 2026

Seminole Heights 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