

BREAKFAST OCTOBER 2026

Sulphur Springs K-8 School

Hillsborough County Public Schools



Monday	Tuesday	Wednesday	Thursday	Friday
			CHICKEN BISCUIT 290 cal Mini Pancakes 230 cal Breakfast Mac and Cheese 282 cal	MORNING SWICY STACK 252 cal Eggo Mini French Toast 200 cal Strawberry Bagelful 190 cal
No menu published	No menu published	No menu published	No menu published	No menu published
No menu published	CHICKEN BISCUIT 290 cal Dannon Danimals Yogurt 70 cal Cinnamon Granola 120 cal Breakfast Scrambler Bowl 315 cal	SAUSAGE BISCUIT 290 cal Vanilla Belgian Waffle 240 cal Fruity Yogurt Parfait 219 cal	CHICKEN BISCUIT 290 cal Mini Pancakes 230 cal Breakfast Mac and Cheese 282 cal	MORNING SWICY STACK 252 cal Eggo Mini French Toast 200 cal Strawberry Bagelful 190 cal
SAUSAGE BISCUIT 290 cal Banana Chocolate Breakfast Bar 280 cal French Toast Sticks 260 cal	CHICKEN BISCUIT 290 cal Dannon Danimals Yogurt 70 cal Cinnamon Granola 120 cal Breakfast Scrambler Bowl 315 cal	SAUSAGE BISCUIT 290 cal Vanilla Belgian Waffle 240 cal Fruity Yogurt Parfait 219 cal	CHICKEN BISCUIT 290 cal Mini Pancakes 230 cal Breakfast Mac and Cheese 282 cal	MORNING SWICY STACK 252 cal Eggo Mini French Toast 200 cal Strawberry Bagelful 190 cal
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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.