

BREAKFAST

OCTOBER 2026

Bay Meadows Elementary School

Orange County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

			1 SCRAMBLED EGGS WITH CHEESE & TATER TOTS PLATTER 211 cal - Blueberry Muffin Top 250 cal - Red Delicious Apple 75 cal - Fresh Apple Slices 30 cal	2 PACOS, (PANCAKES TACOS, EGGS, CHEESE AND BACON) 417 cal - Sweet Potato Swirl 138 cal - Trix Cereal Bowl 1 oz 110 cal - Golden Delicious Apple 75 cal - Applesauce, Strawberry 4.5 oz 50 cal
5 EGGS, BACON & TOAST PLATTER 230 cal - Cereal Blueberry Chex Bowl 1 oz 111 cal - Frosted Corn Flakes Bowl 1 oz 111 cal - Trix Cereal Bowl 1 oz 110 cal - Rice Chex Gluten Free Bowl 1 oz 110 cal - Nutrigrain Bar, Strawberry 160 cal - Trix Cereal Bar 1.42 oz 160 cal - Banana Sliced Bread 260 cal - WG Toast 90 cal - Peach Cup 90 cal - Strawberry Cup 80 cal - Mixed Berry Fruit Cup 90 cal - Blueberry Muffin Top 250 cal	6 MOZZARELLA CHEESE BITES, 3 EACH 340 cal - WG Double Chocolate Muffin 170 cal - Cereal Blueberry Chex Bowl 1 oz 111 cal - Frosted Corn Flakes Bowl 1 oz 111 cal - Trix Cereal Bowl 1 oz 110 cal - Rice Chex Gluten Free Bowl 1 oz 110 cal - Nutrigrain Bar, Strawberry 160 cal - Trix Cereal Bar 1.42 oz 160 cal - WG Toast 90 cal - Peach Cup 90 cal - Strawberry Cup 80 cal - Mixed Berry Fruit Cup 90 cal - Banana Sliced Bread 260 cal	7 PANCAKE BITES 250 cal - Cereal Blueberry Chex Bowl 1 oz 111 cal - Frosted Corn Flakes Bowl 1 oz 111 cal - Rice Chex Gluten Free Bowl 1 oz 110 cal - Trix Cereal Bowl 1 oz 110 cal - Nutrigrain Bar, Strawberry 160 cal - Trix Cereal Bar 1.42 oz 160 cal - WG Toast 90 cal - Banana, fresh 146 cal - Pineapple, Wedges Frozen 30 cal - Orange Wedges 76 cal	8 POWER BOX WITH CRACKERS (NO YOGURT) 242 cal - Blueberry Muffin Top 250 cal - Cereal Blueberry Chex Bowl 1 oz 111 cal - Frosted Corn Flakes Bowl 1 oz 111 cal - Trix Cereal Bowl 1 oz 110 cal - Rice Chex Gluten Free Bowl 1 oz 110 cal - Nutrigrain Bar, Strawberry 160 cal - Trix Cereal Bar 1.42 oz 160 cal - WG Toast 90 cal - Apple Juice 60 cal - Fruit Juice Blend 60 cal - Tangelos, Fresh 47 cal - Banana, fresh 146 cal - Fresh Apple Slices 30 cal	9 SWEET POTATO SWIRL 138 cal - Cereal Blueberry Chex Bowl 1 oz 111 cal - Frosted Corn Flakes Bowl 1 oz 111 cal - Trix Cereal Bowl 1 oz 110 cal - Rice Chex Gluten Free Bowl 1 oz 110 cal - Nutrigrain Bar, Strawberry 160 cal - Trix Cereal Bar 1.42 oz 160 cal - WG Toast 90 cal - Orange Wedges 76 cal - Golden Delicious Apple 75 cal - Mixed Berry Fruit Cup 90 cal - Oatmeal 190 cal - Fresh Apple Slices 30 cal
12 No menu published	13 MOZZARELLA CHEESE BITES, 3 EACH 340 cal - WG Double Chocolate Muffin 200 cal - Pineapple, Wedges Frozen 30 cal - Applesauce, Birthday Cake 4.5 oz 70 cal 2 Mozzarella Cheese Bites with Marinara Sauce 267 cal	14 SCRAMBLED EGGS WITH CHEESE & TATER TOTS PLATTER 245 cal - Pancake Bites 250 cal - Cereal Blueberry Chex Bowl 1 oz 120 cal - Frosted Corn Flakes Bowl 1 oz 110 cal - Fruit Juice Blend 60 cal - Fresh Apple Slices 30 cal - Applesauce, Sour Cherry 4.5 oz 70 cal - Fresh Tangerine 40 cal - Pineapple, Wedges Frozen 30 cal	15 STUFFED HASHBROWN POTATO 245 cal - Blueberry Muffin Top 250 cal - Orange Wedges 76 cal - Mixed Berry Fruit Cup 90 cal - Fresh Apple Slices 30 cal	16 PACOS, (PANCAKES TACOS, EGGS, CHEESE AND BACON) 384 cal - Sweet Potato Swirl 140 cal - Frosted Corn Flakes Bowl 1 oz 110 cal - Fruit Juice Blend 60 cal - Fresh Tangerine 40 cal - Orange Wedges 76 cal - Scramble Eggs and Toast 169 cal - Applesauce 4.5 oz 60 cal
19 EGGS, BACON & TOAST PLATTER 230 cal - Banana Sliced Bread 260 cal - Frosted Corn Flakes Bowl 1 oz 110 cal - Trix Cereal Bowl 1 oz 110 cal - Peach Cup 90 cal - Mixed Berry Fruit Cup 90 cal - Blueberry Muffin Top 250 cal	20 MOZZARELLA CHEESE BITES, 3 EACH 340 cal - WG Double Chocolate Muffin 200 cal - Strawberry Cup 80 cal - Apple Juice 60 cal - Rice Chex Gluten Free Bowl 1 oz 110 cal	21 PANCAKE BITES 250 cal - Trix Cereal Bowl 1 oz 110 cal - Cereal Blueberry Chex Bowl 1 oz 120 cal - Banana, fresh 146 cal	22 POWER BOX WITH CRACKERS (NO YOGURT) 242 cal - Blueberry Muffin Top 250 cal - Apple Juice 60 cal - Peach Cup 90 cal - Mixed Berry Fruit Cup 90 cal - Fresh Apple Slices 30 cal - Cheerios Gluten Free Bowl 1 oz 101 cal	23 SWEET POTATO SWIRL 140 cal - Cereal Blueberry Chex Bowl 1 oz 120 cal - Frosted Corn Flakes Bowl 1 oz 110 cal - Orange Wedges 76 cal - Golden Delicious Apple 75 cal - Buttermilk Pancakes, 2 ea 180 cal - Applesauce 4.5 oz 60 cal
26 BANANA SLICED BREAD 260 cal - Rice Chex Gluten Free Bowl 1 oz 110 cal - Trix Cereal Bowl 1 oz 110 cal - Fruit Juice Blend 60 cal - Applesauce, Birthday Cake 4.5 oz 70 cal	27 MOZZARELLA CHEESE BITES, 3 EACH 340 cal - WG Double Chocolate Muffin 200 cal - Peach Cup 90 cal - Pineapple, Wedges Frozen 30 cal - Apple Juice 60 cal 2 Mozzarella Cheese Bites with Marinara Sauce 267 cal	28 SCRAMBLED EGGS WITH CHEESE & TATER TOTS PLATTER 245 cal - Pancake Bites 250 cal - Cereal Blueberry Chex Bowl 1 oz 120 cal - Frosted Corn Flakes Bowl 1 oz 110 cal - Apple Juice 60 cal - Fresh Apple Slices 30 cal - Banana, fresh 146 cal	29 STUFFED HASHBROWN POTATO 245 cal - Blueberry Muffin Top 250 cal - Banana, fresh 146 cal - Pineapple, Wedges Frozen 30 cal - Fresh Apple Slices 30 cal	30 PACOS, (PANCAKES TACOS, EGGS, CHEESE AND BACON) 384 cal - Sweet Potato Swirl 140 cal - Rice Chex Gluten Free Bowl 1 oz 110 cal - Trix Cereal Bowl 1 oz 110 cal - Fruit Juice Blend 60 cal - Fresh Tangerine 40 cal - Orange Wedges 76 cal - Scramble Eggs and Toast 169 cal

Served every day:

Mozzarella Cheese Stick - Assorted Milk

Menu data from Orange County Public Schools, drawn by schoolmenuapp.com. Menu subject to change. Calories are per serving, as Orange County Public Schools publishes them.