

# BREAKFAST OCTOBER 2026

## Castleview Elementary School

Orange County Public Schools



| MONDAY                                                                                                                                                                                                                                        | TUESDAY                                                                                                                                                                                                                          | WEDNESDAY                                                                                                                                                                                                                                                           | THURSDAY                                                                                                                                                                                                                 | FRIDAY                                                                                                                                                                                                                                                              |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                     | 1<br>Scrambled Eggs with Cheese & Tater Tots Platter 211 cal<br>Cinnamon Toast Crunch Bowl 1 oz 120 cal<br>Cocoa Puffs Bowl 1 oz 120 cal<br>Apple Juice 60 cal<br>Fruit Juice Blend 60 cal<br>Red Delicious Apple 75 cal | 2<br>Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon) 417 cal<br>Cinnamon Toast Crunch Bowl 1 oz 120 cal<br>Cocoa Puffs Bowl 1 oz 120 cal<br>Orange Wedges 76 cal<br>Applesauce, Strawberry 4.5 oz 50 cal                                                            |
| 5<br>Eggs, Bacon & Toast Platter 230 cal<br>Cereal Blueberry Chex Bowl 1 oz 111 cal<br>Frosted Corn Flakes Bowl 1 oz 111 cal<br>Trix Cereal Bar 1.42 oz 160 cal<br>Dried Cranberries 110 cal<br>Applesauce 4.5 oz 60 cal                      | 6<br>Mozzarella Cheese Bites, 3 each 340 cal<br>Cereal Blueberry Chex Bowl 1 oz 111 cal<br>Frosted Corn Flakes Bowl 1 oz 111 cal<br>Apple Juice 60 cal<br>Fruit Juice Blend 60 cal<br>Fresh Apple Slices 30 cal                  | 7<br>Pancake Bites 250 cal<br>Cereal Blueberry Chex Bowl 1 oz 111 cal<br>Frosted Corn Flakes Bowl 1 oz 111 cal<br>Trix Cereal Bar 1.42 oz 160 cal<br>Banana, fresh 146 cal<br>Orange Wedges 76 cal                                                                  | 8<br>Power Box with Crackers (no yogurt) 242 cal<br>Cereal Blueberry Chex Bowl 1 oz 111 cal<br>Frosted Corn Flakes Bowl 1 oz 111 cal<br>Apple Juice 60 cal<br>Fruit Juice Blend 60 cal<br>Tangelos, Fresh 47 cal         | 9<br>Sweet Potato Swirl 138 cal<br>Cereal Blueberry Chex Bowl 1 oz 111 cal<br>Frosted Corn Flakes Bowl 1 oz 111 cal<br>Trix Cereal Bar 1.42 oz 160 cal<br>Orange Wedges 76 cal<br>Golden Delicious Apple 75 cal                                                     |
| 12<br>No menu published                                                                                                                                                                                                                       | 13<br>Mozzarella Cheese Bites, 3 each 340 cal<br>Frosted Corn Flakes Bowl 1 oz 110 cal<br>Cereal Blueberry Chex Bowl 1 oz 120 cal<br>Cheerios Gluten Free Bowl 1 oz 101 cal<br>Cocoa Puffs Bowl 1 oz 120 cal<br>Peach Cup 90 cal | 14<br>Scrambled Eggs with Cheese & Tater Tots Platter 245 cal<br>Frosted Corn Flakes Bowl 1 oz 110 cal<br>Trix Cereal Bar 1.42 oz 150 cal<br>Cereal Blueberry Chex Bowl 1 oz 120 cal<br>Apple Juice 60 cal<br>Fruit Juice Blend 60 cal<br>Dried Cranberries 110 cal | 15<br>Stuffed Hashbrown Potato 245 cal<br>Frosted Corn Flakes Bowl 1 oz 110 cal<br>Cereal Blueberry Chex Bowl 1 oz 120 cal<br>Cheerios Gluten Free Bowl 1 oz 101 cal<br>Orange Wedges 76 cal                             | 16<br>Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon) 384 cal<br>Frosted Corn Flakes Bowl 1 oz 110 cal<br>Cereal Blueberry Chex Bowl 1 oz 120 cal<br>Trix Cereal Bar 1.42 oz 150 cal<br>Fruit Juice Blend 60 cal<br>Apple Juice 60 cal<br>Fresh Apple Slices 30 cal |
| 19<br>Eggs, Bacon & Toast Platter 230 cal<br>Cereal Blueberry Chex Bowl 1 oz 120 cal<br>Frosted Corn Flakes Bowl 1 oz 110 cal<br>Trix Cereal Bar 1.42 oz 150 cal<br>Fresh Red Apple 77 cal<br>Fresh Orange 62 cal                             | 20<br>Mozzarella Cheese Bites, 3 each 340 cal<br>Cereal Blueberry Chex Bowl 1 oz 120 cal<br>Frosted Corn Flakes Bowl 1 oz 110 cal<br>Mixed Berry Fruit Cup 90 cal<br>Apple Juice 60 cal<br>Fruit Juice Blend 60 cal              | 21<br>Pancake Bites 250 cal<br>Cereal Blueberry Chex Bowl 1 oz 120 cal<br>Frosted Corn Flakes Bowl 1 oz 110 cal<br>Trix Cereal Bar 1.42 oz 150 cal<br>Banana, fresh 146 cal<br>Orange Wedges 76 cal                                                                 | 22<br>Power Box with Crackers (no yogurt) 242 cal<br>Cereal Blueberry Chex Bowl 1 oz 120 cal<br>Frosted Corn Flakes Bowl 1 oz 110 cal<br>Apple Juice 60 cal<br>Fruit Juice Blend 60 cal<br>Strawberry Cup 80 cal         | 23<br>Swirl Raspberry 130 cal<br>Cereal Blueberry Chex Bowl 1 oz 120 cal<br>Frosted Corn Flakes Bowl 1 oz 110 cal<br>Trix Cereal Bar 1.42 oz 150 cal<br>Golden Delicious Apple 75 cal<br>Mixed Berry Fruit Cup 90 cal                                               |
| 26<br>Banana Sliced Bread 260 cal<br>Cereal Blueberry Chex Bowl 1 oz 120 cal<br>Frosted Corn Flakes Bowl 1 oz 110 cal<br>Trix Cereal Bar 1.42 oz 150 cal<br>Apple Juice 60 cal<br>Fruit Juice Blend 60 cal<br>Applesauce, Peach 4.5 oz 60 cal | 27<br>Mozzarella Cheese Bites, 3 each 340 cal<br>Cereal Blueberry Chex Bowl 1 oz 120 cal<br>Frosted Corn Flakes Bowl 1 oz 110 cal<br>Cheerios Gluten Free Bowl 1 oz 101 cal<br>Peach Cup 90 cal<br>Strawberry Cup 80 cal         | 28<br>Scrambled Eggs with Cheese & Tater Tots Platter 245 cal<br>Cereal Blueberry Chex Bowl 1 oz 120 cal<br>Frosted Corn Flakes Bowl 1 oz 110 cal<br>Trix Cereal Bar 1.42 oz 150 cal<br>Apple Juice 60 cal<br>Fruit Juice Blend 60 cal<br>Fresh Apple Slices 30 cal | 29<br>Stuffed Hashbrown Potato 245 cal<br>Blueberry Muffin Top 250 cal<br>Cereal Blueberry Chex Bowl 1 oz 120 cal<br>Frosted Corn Flakes Bowl 1 oz 110 cal<br>Banana, fresh 146 cal<br>Orange Wedges 76 cal              | 30<br>Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon) 384 cal<br>Cereal Blueberry Chex Bowl 1 oz 120 cal<br>Frosted Corn Flakes Bowl 1 oz 110 cal<br>Trix Cereal Bar 1.42 oz 150 cal<br>Fruit Juice Blend 60 cal<br>Apple Juice 60 cal<br>Fresh Tangerine 40 cal    |

### EVERY DAY

- Mozzarella Cheese Stick
- Rice Chex Gluten Free Bowl 1 oz
- Trix Cereal Bowl 1 oz
- Assorted Milk

Menu subject to change.