

Monday	Tuesday	Wednesday	Thursday	Friday
			1 - STRAWBERRY YOGURT CUP W/ BEAR GRAHAM 212 cal - Mozzarella Cheese Stick 80 cal - Sweet Potato Swirl 138 cal - Cinnamon Toast Crunch Bowl 1 oz 120 cal - Cocoa Puffs Bowl 1 oz 120 cal - Fruit Juice Blend 60 cal - Banana, fresh 146 cal	2 - SWEET POTATO SWIRL WITH POPCORN CHICKEN 240 cal - Pancake Bites 250 cal - Cinnamon Toast Crunch Bowl 1 oz 120 cal - Cocoa Puffs Bowl 1 oz 120 cal - WG Toast 90 cal - Fresh Tangerine 40 cal - Fresh Apple Slices 30 cal
5 - MOZZARELLA CHEESE STICK 80 cal - WG Double Chocolate Muffin with Cheese 250 cal - Cereal Blueberry Chex Bowl 1 oz 111 cal - Frosted Corn Flakes Bowl 1 oz 111 cal - Nutrigrain Bar, Strawberry 160 cal - Applesauce, Birthday Cake 4.5 oz 70 cal - Applesauce, Sour Cherry 4.5 oz 70 cal - Applesauce, Peach 4.5 oz 60 cal - Applesauce, Blue Razzleberry 4.5 oz 50 cal	6 - EGG & CHEESE BREAKFAST QUESADILLA 378 cal - Yogurt Cup with Granola 224 cal - Strawberry Yogurt Cup w/ Bear Graham 212 cal - Mozzarella Cheese Stick 80 cal - Cereal Blueberry Chex Bowl 1 oz 111 cal - Frosted Corn Flakes Bowl 1 oz 111 cal - Nutrigrain Bar, Strawberry 160 cal - WG Toast 90 cal - Fruit Juice Blend 60 cal - Apple Juice 60 cal - Applesauce 4.5 oz 60 cal - Applesauce, Strawberry 4.5 oz 50 cal	7 - CHICKEN WAFFLES SANDWICH 377 cal - Vanilla Yogurt Cup 90 cal - Strawberry Yogurt Cup 90 cal - Mozzarella Cheese Stick 80 cal - Rolls, Cinnamon 302 cal - Cereal Blueberry Chex Bowl 1 oz 111 cal - Frosted Corn Flakes Bowl 1 oz 111 cal - Nutrigrain Bar, Strawberry 160 cal - WG Toast 90 cal - Tangelos, Fresh 47 cal - Orange Wedges 76 cal	8 - CHICKEN AND CHEESE ON CROISSANT 323 cal - Mozzarella Cheese Stick 80 cal - Banana Sliced Bread 260 cal - Cereal Blueberry Chex Bowl 1 oz 111 cal - Frosted Corn Flakes Bowl 1 oz 111 cal - Nutrigrain Bar, Strawberry 160 cal - WG Toast 90 cal - Fruit Juice Blend 60 cal - Apple Juice 60 cal - Red Delicious Apple 75 cal - Dried Cranberries 110 cal	9 - PACOS, (PANCAKES TACOS, EGGS, CHEESE AND BACON) 417 cal - Mozzarella Cheese Stick 80 cal - Cereal Blueberry Chex Bowl 1 oz 111 cal - Frosted Corn Flakes Bowl 1 oz 111 cal - Nutrigrain Bar, Strawberry 160 cal - WG Toast 90 cal - Orange Wedges 76 cal - Golden Delicious Apple 75 cal
12 No menu published	13 - POWER BOX WITH YOGURT, GRAHAM & CHEESE 332 cal - Egg Patty & Chicken Sausage on Croissant 333 cal - Mozzarella Cheese Stick 80 cal - Cinnamon Toast Crunch R/S Bowl 1 oz 110 cal - Frosted Corn Flakes Bowl 1 oz 110 cal - Cereal Blueberry Chex Bowl 1 oz 120 cal - Apple Juice 60 cal - Applesauce, Sour Cherry 4.5 oz 70 cal	14 - MOZZARELLA CHEESE BITES, 3 EACH 340 cal - Sandwich, PBJ 2.6 oz 300 cal - Mozzarella Cheese Stick 80 cal - Cinnamon Toast Crunch R/S Bowl 1 oz 110 cal - Cereal Blueberry Chex Bowl 1 oz 120 cal - Frosted Corn Flakes Bowl 1 oz 110 cal - Tangelos, Fresh 47 cal - Applesauce, Sour Cherry 4.5 oz 70 cal	15 - CHICKEN AND EGG BISCUIT 350 cal - WG Toast 90 cal - Cocoa Puffs Bowl 1 oz 110 cal - Cinnamon Toast Crunch Bowl RS, 1 oz 110 cal - Fruit Juice Blend 60 cal - Golden Delicious Apple 75 cal	16 - MOZZARELLA CHEESE STICK 80 cal - Sweet Potato Swirl 140 cal - Cocoa Puffs Bowl 1 oz 110 cal - Cinnamon Toast Crunch R/S Bowl 1 oz 110 cal - Red Delicious Apple 75 cal - Dried Cranberries 110 cal
19 - WG DOUBLE CHOCOLATE MUFFIN WITH CHEESE 280 cal - WG Toast 90 cal - Cocoa Puffs Bowl 1 oz 110 cal - Cinnamon Toast Crunch R/S Bowl 1 oz 110 cal - Applesauce, Birthday Cake 4.5 oz 70 cal - Applesauce, Sour Cherry 4.5 oz 70 cal	20 - EGG & CHEESE BREAKFAST QUESADILLA 422 cal - Strawberry Yogurt Cup w/ Bear Graham 210 cal - Mozzarella Cheese Stick 80 cal - Apple Juice 60 cal - Applesauce 4.5 oz 60 cal	21 - CHICKEN WAFFLES SANDWICH 354 cal - Mozzarella Cheese Stick 80 cal - Cereal Blueberry Chex Bowl 1 oz 120 cal - Frosted Corn Flakes Bowl 1 oz 110 cal - Nutrigrain Bar, Strawberry 150 cal - Tangelos, Fresh 47 cal - Orange Wedges 76 cal	22 - CHICKEN AND CHEESE ON CROISSANT 323 cal - Mozzarella Cheese Stick 80 cal - Banana Sliced Bread 260 cal - Cereal Blueberry Chex Bowl 1 oz 120 cal - Frosted Corn Flakes Bowl 1 oz 110 cal - Nutrigrain Bar, Strawberry 150 cal - WG Toast 90 cal - Fruit Juice Blend 60 cal - Dried Cranberries 110 cal	23 - PACOS, (PANCAKES TACOS, EGGS, CHEESE AND BACON) 384 cal - Cereal Blueberry Chex Bowl 1 oz 120 cal - Frosted Corn Flakes Bowl 1 oz 110 cal - Nutrigrain Bar, Strawberry 150 cal - Orange Wedges 76 cal - Golden Delicious Apple 75 cal
26 - MOZZARELLA CHEESE STICK 80 cal - Rolls, Cinnamon 250 cal - Cereal Blueberry Chex Bowl 1 oz 120 cal - Frosted Corn Flakes Bowl 1 oz 110 cal - Nutrigrain Bar, Strawberry 150 cal - Applesauce, Birthday Cake 4.5 oz 70 cal - Applesauce, Peach 4.5 oz 60 cal	27 - EGG PATTY & CHICKEN SAUSAGE ON CROISSANT 333 cal - Mozzarella Cheese Stick 80 cal - Cereal Blueberry Chex Bowl 1 oz 120 cal - Frosted Corn Flakes Bowl 1 oz 110 cal - Nutrigrain Bar, Strawberry 150 cal - Applesauce, Sour Cherry 4.5 oz 70 cal - Apple Juice 60 cal	28 - MOZZARELLA CHEESE BITES, 3 EACH 340 cal - Sandwich, PBJ 2.6 oz 300 cal - Cereal Blueberry Chex Bowl 1 oz 120 cal - Frosted Corn Flakes Bowl 1 oz 110 cal - Nutrigrain Bar, Strawberry 150 cal - Tangelos, Fresh 47 cal - Applesauce, Sour Cherry 4.5 oz 70 cal	29 - CHICKEN AND EGG BISCUIT 350 cal - Mozzarella Cheese Stick 80 cal - Cereal Blueberry Chex Bowl 1 oz 120 cal - Frosted Corn Flakes Bowl 1 oz 110 cal - Nutrigrain Bar, Strawberry 150 cal - WG Toast 90 cal - Fruit Juice Blend 60 cal - Golden Delicious Apple 75 cal	30 - MOZZARELLA CHEESE STICK 80 cal - Sweet Potato Swirl 140 cal - Cereal Blueberry Chex Bowl 1 oz 120 cal - Frosted Corn Flakes Bowl 1 oz 110 cal - Nutrigrain Bar, Strawberry 150 cal - Red Delicious Apple 75 cal - Dried Cranberries 110 cal

Served every day:
 Rice Chex Gluten Free Bowl 1 oz · Trix Cereal Bowl 1 oz · Trix Cereal Bar 1.42 oz · 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.