

Cypress Springs Elementary School

Breakfast · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

- 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

- 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

- 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

- 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

- 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

No menu published

- Mozzarella Cheese Bites, 2 each** 227 cal
 Colby Cheese Stick 90 cal
 Cereal Blueberry Chex Bowl 1 oz 111 cal
 Trix Cereal Bowl 1 oz 110 cal
 Rice Chex Gluten Free Bowl 1 oz 110 cal
 Pineapple, Wedges Frozen 30 cal
 Diced Peach Cup 70 cal
 2 Mozzarella Cheese Bites with Marinara Sauce 267 cal

- Scrambled Eggs with Cheese & Tater Tots Platter** 245 cal
 NutriGrain Bar, Strawberry 150 cal
 Trix Cereal Bar 1.42 oz 150 cal
 Fresh Apple Slices 30 cal
 Orange Juice 60 cal
 Pineapple, Wedges Frozen 30 cal

- Stuffed Hashbrown Potato** 245 cal
 Fresh Orange 76 cal
 Fresh DoD Apple 77 cal
 Fresh Apple Slices 30 cal

- Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon)** 384 cal
 Cereal Blueberry Chex Bowl 1 oz 111 cal
 Frosted Corn Flakes Bowl 1 oz 110 cal
 Rice Chex Gluten Free Bowl 1 oz 110 cal
 Trix Cereal Bowl 1 oz 110 cal
 Fresh Apple Slices 30 cal
 Orange Juice 60 cal
 Scramble Eggs and Toast 169 cal
 Applesauce 4.5 oz 60 cal

- Eggs, Bacon & Toast Platter** 230 cal
 Banana Sliced Bread 260 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 150 cal
 Trix Cereal Bar 1.42 oz 150 cal
 WG Toast 90 cal
 Peach Cup 90 cal
 Strawberry Cup 80 cal
 Mixed Berry Fruit Cup 90 cal
 Blueberry Muffin Top 250 cal

- Mozzarella Cheese Bites, 3 each** 340 cal
 WG Double Chocolate Muffin 200 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 150 cal
 Trix Cereal Bar 1.42 oz 150 cal
 WG Toast 90 cal
 Peach Cup 90 cal
 Strawberry Cup 80 cal
 Mixed Berry Fruit Cup 90 cal

- Pancake Bites** 250 cal
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 Frosted Corn Flakes Bowl 1 oz 111 cal
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 Trix Cereal Bowl 1 oz 110 cal
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 Trix Cereal Bar 1.42 oz 150 cal
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 Banana, fresh 146 cal
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 Trix Cereal Bar 1.42 oz 150 cal
 WG Toast 90 cal
 Apple Juice 60 cal
 Fruit Juice Blend 60 cal
 Peach Cup 90 cal
 Strawberry Cup 80 cal
 Mixed Berry Fruit Cup 90 cal
 Cheerios Gluten Free Bowl 1 oz 101 cal

- Swirl Raspberry** 130 cal
 Sweet Potato Swirl 140 cal
 Cereal Blueberry Chex Bowl 1 oz 111 cal
 Frosted Corn Flakes Bowl 1 oz 110 cal
 Trix Cereal Bowl 1 oz 110 cal
 Rice Chex Gluten Free Bowl 1 oz 110 cal
 NutriGrain Bar, Strawberry 150 cal
 Trix Cereal Bar 1.42 oz 150 cal
 WG Toast 90 cal
 Orange Wedges 76 cal
 Golden Delicious Apple 75 cal
 Mixed Berry Fruit Cup 90 cal
 Buttermilk Pancakes, 2 ea 180 cal
 Applesauce 4.5 oz 60 cal

- Banana Sliced Bread** 260 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 150 cal
 Trix Cereal Bar 1.42 oz 150 cal
 WG Toast 90 cal
 Apple Juice 60 cal
 Fruit Juice Blend 60 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

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 Trix Cereal Bar 1.42 oz 150 cal
 WG Toast 90 cal
 Fruit Juice Blend 60 cal
 Apple Juice 60 cal
 Fresh Tangerine 40 cal
 Fresh Apple Slices 30 cal
 Scramble Eggs and Toast 169 cal

Served every day

- Mozzarella Cheese Stick - Assorted Milk