

Dover Shores 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	Scrambled Eggs with Cheese & Tater Tots Platter 211 cal - Rice Chex Gluten Free Bowl 1 oz 110 cal - Cinnamon Toast Crunch Bowl 1 oz 120 cal - Cocoa Puffs Bowl 1 oz 120 cal - Apple Juice 60 cal - Red Delicious Apple 75 cal - Fresh Apple Slices 30 cal	Pacos, (Pancakes, Tacos, Eggs, Cheese and Bacon) 417 cal - Rice Chex Gluten Free Bowl 1 oz 110 cal - Cinnamon Toast Crunch Bowl 1 oz 120 cal - Cocoa Puffs Bowl 1 oz 120 cal - Trix Cereal Bowl 1 oz 110 cal - Orange Wedges 76 cal - Applesauce, Strawberry 4.5 oz 50 cal
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, 3 each 340 cal - Colby Cheese Stick 90 cal - WG Double Chocolate Muffin 200 cal - Trix Cereal Bowl 1 oz 110 cal - Cocoa Puffs Bowl 1 oz 120 cal - Cheerios Gluten Free Bowl 1 oz 101 cal - Dried Cranberries 110 cal - Applesauce, Blue Razzleberry 4.5 oz 50 cal	Scrambled Eggs with Cheese & Tater Tots Platter 245 cal - Pancake Bites 250 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 - Orange Wedges 76 cal - Apple Juice 60 cal - Fresh Tangerine 40 cal	Stuffed Hashbrown Potato 245 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 - Golden Delicious Apple 75 cal - Mixed Berry Fruit Cup 90 cal - Fresh Apple Slices 30 cal	Pacos, (Pancakes, Tacos, Eggs, Cheese and Bacon) 384 cal - Sweet Potato Swirl 140 cal - Nutrigrain Bar, Strawberry 150 cal - Trix Cereal Bar 1.42 oz 150 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 - Frosted Corn Flakes Bowl 1 oz 110 cal - Rice Chex Gluten Free Bowl 1 oz 110 cal - Trix Cereal Bowl 1 oz 110 cal - Peach Cup 90 cal - Strawberry Cup 80 cal - Blueberry Muffin Top 250 cal	Mozzarella Cheese Bites, 3 each 340 cal - WG Double Chocolate Muffin 200 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 - Mixed Berry Fruit Cup 90 cal - Orange Juice 60 cal - Strawberry Cup 80 cal	Pancake Bites 250 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 - Pineapple, Wedges Frozen 30 cal - Orange Wedges 76 cal	Power Box with Crackers (no yogurt) 242 cal - Blueberry Muffin Top 250 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 - Apple Juice 60 cal - Strawberry Cup 80 cal - Cheerios Gluten Free Bowl 1 oz 101 cal	Swirl Raspberry 130 cal - Nutrigrain Bar, Strawberry 150 cal - Trix Cereal Bar 1.42 oz 150 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 120 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 - Nutrigrain Bar, Strawberry 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 70 cal - Applesauce, Blue Razzleberry 4.5 oz 50 cal	Mozzarella Cheese Bites, 3 each 340 cal - WG Double Chocolate Muffin 200 cal - Cereal Blueberry Chex Bowl 1 oz 120 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 - Peach Cup 90 cal - Strawberry Cup 80 cal - Pineapple, Wedges Frozen 30 cal 2 Mozzarella Cheese Bites with Marinara Sauce 267 cal	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 - 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 - Apple Juice 60 cal - Fruit Juice Blend 60 cal - Orange Wedges 76 cal - Golden Delicious Apple 75 cal - Fresh Apple Slices 30 cal - Banana, fresh 146 cal	Stuffed Hashbrown Potato 245 cal - Blueberry Muffin Top 250 cal - Cereal Blueberry Chex Bowl 1 oz 120 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 - Trix Cereal Bar 1.42 oz 150 cal - Nutrigrain Bar, Strawberry 150 cal - WG Toast 90 cal - Banana, fresh 146 cal - Pineapple, Wedges Frozen 30 cal - Orange Wedges 76 cal	Pacos, (Pancakes, Tacos, Eggs, Cheese and Bacon) 384 cal - Sweet Potato Swirl 140 cal - Cereal Blueberry Chex Bowl 1 oz 120 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 - Nutrigrain Bar, Strawberry 150 cal - 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				