

BREAKFAST

OCTOBER 2026

Engelwood Elementary School

Orange County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

5		
	BLUEBERRY MUFFIN TOP	250 cal
	Strawberry Cup	80 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
	Mixed Berry Fruit Cup	90 cal

6		
	BANANA SLICED BREAD	260 cal
	Peach Cup	90 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
	Strawberry Cup	80 cal
	Mixed Berry Fruit Cup	90 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

1		
	SCRAMBLED EGGS WITH CHEESE & TATER TOTS PLATTER	105 cal
	Fresh Apple Slices	30 cal
	Cinnamon Toast Crunch Bowl 1 oz	120 cal
	Trix Cereal Bowl 1 oz	110 cal
	Apple Juice	60 cal
	Red Delicious Apple	75 cal

2		
	PACOS, (PANCAKES TACOS, EGGS, CHEESE AND BACON)	417 cal
	Orange Wedges	76 cal
	Cocoa Puffs Bowl 1 oz	120 cal
	Trix Cereal Bowl 1 oz	110 cal
	Golden Delicious Apple	75 cal

12		
	No menu published	

13		
	2 MOZZARELLA CHEESE BITES WITH MARINARA SAUCE	267 cal
	Applesauce, Cinnamon 4.5 oz	90 cal
	Mozzarella Cheese Bites, 3 each	340 cal

14		
	ORANGE JUICE	60 cal
	Fresh DoD Apple	77 cal
	Scrambled Eggs with Cheese & Tater Tots Platter	245 cal
	Nutrigrain Bar, Strawberry	150 cal
	Trix Cereal Bar 1.42 oz	150 cal
	Fresh Tangerine	40 cal

15		
	STUFFED HASHBROWN POTATO	245 cal
	Orange Wedges	76 cal
	Fresh Apple Slices	30 cal

16		
	SCRAMBLE EGGS AND TOAST	169 cal
	Applesauce 4.5 oz	60 cal
	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
	Fresh Apple Slices	30 cal

19		
	BLUEBERRY MUFFIN TOP	250 cal
	Fresh DoD Apple	77 cal
	Fresh Orange	76 cal
	Eggs, Bacon & Toast Platter	230 cal
	Cereal Blueberry Chex Bowl 1 oz	120 cal
	Frosted Corn Flakes Bowl 1 oz	110 cal
	WG Toast	90 cal

20		
	RICE CHEX GLUTEN FREE BOWL 1 OZ	110 cal
	Dried Cranberries	110 cal
	Mozzarella Cheese Bites, 3 each	340 cal

21		
	PANCAKE BITES	250 cal
	Orange Wedges	76 cal
	Frosted Corn Flakes Bowl 1 oz	110 cal
	Trix Cereal Bowl 1 oz	110 cal
	Pineapple, Wedges Frozen	30 cal

22		
	CHEERIOS GLUTEN FREE BOWL 1 OZ	101 cal
	Applesauce, Strawberry 4.5 oz	50 cal
	Power Box with Crackers (no yogurt)	242 cal
	Apple Juice	60 cal

23		
	BUTTERMILK PANCAKES, 2 EA	180 cal
	Fresh DoD Apple	77 cal
	Dried Cranberries	110 cal
	Applesauce 4.5 oz	60 cal
	Swirl Raspberry	130 cal
	Nutrigrain Bar, Strawberry	150 cal
	Trix Cereal Bar 1.42 oz	150 cal

26		
	BANANA SLICED BREAD	260 cal
	Applesauce, Birthday Cake 4.5 oz	70 cal
	Applesauce, Sour Cherry 4.5 oz	70 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
	Apple Juice	60 cal
	Fruit Juice Blend	60 cal
	Applesauce, Peach 4.5 oz	60 cal
	Applesauce, Blue Razzleberry 4.5 oz	50 cal

27		
	2 MOZZARELLA CHEESE BITES WITH MARINARA SAUCE	267 cal
	Pineapple, Wedges Frozen	30 cal
	Peach Cup	90 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
	Strawberry Cup	80 cal

28		
	SCRAMBLED EGGS WITH CHEESE & TATER TOTS PLATTER	142 cal
	Banana, fresh	146 cal
	Fresh Apple Slices	30 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

29		
	STUFFED HASHBROWN POTATO	245 cal
	Banana, fresh	146 cal
	Pineapple, Wedges Frozen	30 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
	Orange Wedges	76 cal

30		
	SCRAMBLE EGGS AND TOAST	169 cal
	Fresh Apple Slices	30 cal
	Fresh Tangerine	40 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

Served every day:

Assorted Milk, Mozzarella Cheese Stick

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.

MenuViewer