

BREAKFAST

OCTOBER 2026

Freedom High School

Orange County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

5	WG DOUBLE CHOCOLATE MUFFIN WITH CHEESE 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
	Trix Cereal Bar 1.42 oz 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
	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
	Trix Cereal Bar 1.42 oz 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
	Rolls, Cinnamon 302 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
	Trix Cereal Bar 1.42 oz 160 cal
	WG Toast 90 cal
	Tangelos, Fresh 47 cal
	Orange Wedges 76 cal

8	CHICKEN AND CHEESE ON CROISSANT 323 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
	Trix Cereal Bar 1.42 oz 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
	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
	Trix Cereal Bar 1.42 oz 160 cal
	WG Toast 90 cal
	Orange Wedges 76 cal
	Golden Delicious Apple 75 cal

12	No menu published
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13	EGG PATTY & CHICKEN SAUSAGE ON CROISSANT 333 cal
	Frosted Corn Flakes Bowl 1 oz 110 cal
	Trix Cereal Bar 1.42 oz 150 cal
	Fruit Juice Blend 60 cal
	Applesauce, Birthday Cake 4.5 oz 70 cal

14	MOZZARELLA CHEESE BITES, 3 EACH 340 cal
	Sandwich, PBJ 2.6 oz 300 cal
	Trix Cereal Bar 1.42 oz 150 cal
	Banana, fresh 146 cal
	Applesauce, Sour Cherry 4.5 oz 70 cal

15	CHICKEN AND EGG BISCUIT 350 cal
	Trix Cereal Bowl 1 oz 110 cal
	Trix Cereal Bar 1.42 oz 150 cal
	Fruit Juice Blend 60 cal
	Golden Delicious Apple 75 cal

16	SWEET POTATO SWIRL 140 cal
	Frosted Corn Flakes Bowl 1 oz 110 cal
	Trix Cereal Bowl 1 oz 110 cal
	Red Delicious Apple 75 cal
	Dried Cranberries 110 cal

19	WG DOUBLE CHOCOLATE MUFFIN WITH CHEESE 280 cal
	Cereal Blueberry Chex Bowl 1 oz 120 cal
	Applesauce, Birthday Cake 4.5 oz 70 cal
	Applesauce, Sour Cherry 4.5 oz 70 cal

20	EGG & CHEESE BREAKFAST QUESADILLA 422 cal
	Yogurt Cup with Granola 210 cal
	Trix Cereal Bar 1.42 oz 150 cal
	Fruit Juice Blend 60 cal
	Applesauce 4.5 oz 60 cal

21	CHICKEN WAFFLES SANDWICH 354 cal
	Strawberry Yogurt Cup 90 cal
	Rolls, Cinnamon 250 cal
	Frosted Corn Flakes Bowl 1 oz 110 cal
	Trix Cereal Bar 1.42 oz 150 cal
	Orange Wedges 76 cal
	Mixed Berry Fruit Cup 90 cal

22	CHICKEN AND CHEESE ON CROISSANT 323 cal
	Banana Sliced Bread 260 cal
	Frosted Corn Flakes Bowl 1 oz 110 cal
	Apple Juice 60 cal
	Dried Cranberries 110 cal

23	PACOS, (PANCAKES TACOS, EGGS, CHEESE AND BACON) 384 cal
	Frosted Corn Flakes Bowl 1 oz 110 cal
	Trix Cereal Bar 1.42 oz 150 cal
	Orange Wedges 76 cal
	Fresh Apple Slices 30 cal

26	ROLLS, CINNAMON 250 cal
	Cereal Blueberry Chex Bowl 1 oz 120 cal
	Frosted Corn Flakes Bowl 1 oz 110 cal
	Trix Cereal Bar 1.42 oz 150 cal
	Applesauce, Birthday Cake 4.5 oz 70 cal
	Applesauce, Sour Cherry 4.5 oz 70 cal
	Applesauce, Peach 4.5 oz 60 cal

27	POWER BOX WITH YOGURT, GRANOLA & CHEESE 330 cal
	Egg Patty & Chicken Sausage on Croissant 333 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
	Trix Cereal Bar 1.42 oz 150 cal
	WG Toast 90 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

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
	Rice Chex Gluten Free Bowl 1 oz 110 cal
	Trix Cereal Bowl 1 oz 110 cal
	Trix Cereal Bar 1.42 oz 150 cal
	WG Toast 90 cal
	Tangelos, Fresh 47 cal
	Banana, fresh 146 cal
	Applesauce, Sour Cherry 4.5 oz 70 cal

29	CHICKEN AND EGG BISCUIT 350 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
	Trix Cereal Bar 1.42 oz 150 cal
	Fruit Juice Blend 60 cal
	Apple Juice 60 cal
	Orange Wedges 76 cal
	Golden Delicious Apple 75 cal

30	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
	Trix Cereal Bar 1.42 oz 150 cal
	WG Toast 90 cal
	Red Delicious Apple 75 cal
	Dried Cranberries 110 cal
	Applesauce, Blue Razzleberry 4.5 oz 50 cal

Served every day:
Mozzarella Cheese Stick, Nutrigrain Bar, Strawberry, 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.

MealViewer