

Monday

Tuesday

Wednesday

Thursday

Friday

5

EGGS, BACON & TOAST PLATTER	230 cal
Mozzarella Cheese	80 cal
Stick	111 cal
Cereal Blueberry Chex Bowl 1 oz	111 cal
Frosted Corn Flakes	111 cal
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

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MOZZARELLA CHEESE BITES, 3 EACH	340 cal
Mozzarella Cheese	80 cal
Stick	111 cal
WG Double Chocolate Muffin	170 cal
Cereal Blueberry Chex Bowl 1 oz	111 cal
Frosted Corn Flakes	111 cal
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

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PANCAKE BITES	250 cal
Mozzarella Cheese	80 cal
Stick	111 cal
Cereal Blueberry Chex Bowl 1 oz	111 cal
Frosted Corn Flakes	111 cal
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	30 cal
Orange Wedges	76 cal

8

POWER BOX WITH CRACKERS (NO YOGURT)	242 cal
Mozzarella Cheese	80 cal
Stick	111 cal
Blueberry Muffin Top	250 cal
Cereal Blueberry Chex Bowl 1 oz	111 cal
Frosted Corn Flakes	111 cal
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

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MOZZARELLA CHEESE STICK	80 cal
Sweet Potato Swirl	138 cal
Cereal Blueberry Chex Bowl 1 oz	111 cal
Frosted Corn Flakes	111 cal
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	75 cal
Apple	75 cal
Mixed Berry Fruit Cup	90 cal

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No menu published

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MOZZARELLA CHEESE BITES, 3 EACH	340 cal
Peanut Butter cup	185 cal
WG Double Chocolate Muffin	200 cal
Trix Cereal Bowl 1 oz	110 cal
Cinnamon Toast Crunch Bowl 1 oz	110 cal
Cocoa Puffs Bowl 1 oz	120 cal
Rice Chex Gluten Free Bowl 1 oz	110 cal
Orange Wedges	76 cal
2 Mozzarella Cheese Bites with Marinara Sauce	267 cal

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SCRAMBLED EGGS WITH CHEESE & TATER TOTS PLATTER	245 cal
Pancake Bites	250 cal
Mozzarella Cheese	80 cal
Stick	111 cal
Cereal Blueberry Chex Bowl 1 oz	120 cal
Frosted Corn Flakes	110 cal
Bowl 1 oz	110 cal
Trix Cereal Bowl 1 oz	110 cal
Trix Cereal Bar 1.42 oz	150 cal
Apple Juice	60 cal
Pineapple, Wedges	30 cal
Frozen	30 cal

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STUFFED HASHBROWN POTATO	245 cal
Mozzarella Cheese	80 cal
Stick	111 cal
Blueberry Muffin Top	250 cal
Trix Cereal Bar 1.42 oz	150 cal
Orange Wedges	76 cal
Mixed Berry Fruit Cup	90 cal
Fresh Apple Slices	30 cal

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PACOS, (PANCAKES TACOS, EGGS, CHEESE AND BACON)	384 cal
Mozzarella Cheese	80 cal
Stick	111 cal
Sweet Potato Swirl	140 cal
Frosted Corn Flakes	110 cal
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
Fresh Apple Slices	30 cal
Scramble Eggs and Toast	169 cal
Applesauce 4.5 oz	60 cal

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EGGS, BACON & TOAST PLATTER	230 cal
Mozzarella Cheese	80 cal
Stick	111 cal
Banana Sliced Bread	260 cal
Cereal Blueberry Chex Bowl 1 oz	120 cal
Frosted Corn Flakes	110 cal
Bowl 1 oz	110 cal
Strawberry Cup	80 cal
Diced Peach Cup	70 cal
Blueberry Muffin Top	250 cal
Peach Cup	90 cal

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MOZZARELLA CHEESE BITES, 3 EACH	340 cal
Mozzarella Cheese	80 cal
Stick	111 cal
WG Double Chocolate Muffin	200 cal
Frosted Corn Flakes	110 cal
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	110 cal
Strawberry Cup	80 cal

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PANCAKE BITES	250 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
Banana, fresh	146 cal

22

POWER BOX WITH CRACKERS (NO YOGURT)	242 cal
Mozzarella Cheese	80 cal
Stick	111 cal
Blueberry Muffin Top	250 cal
Cereal Blueberry Chex Bowl 1 oz	120 cal
Frosted Corn Flakes	110 cal
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
Fruit Juice Blend	60 cal
Peach Cup	90 cal
Cheerios Gluten Free Bowl 1 oz	101 cal
Strawberry Cup	80 cal

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MOZZARELLA CHEESE STICK	80 cal
Swirl Raspberry	130 cal
Frosted Corn Flakes	110 cal
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
Golden Delicious	75 cal
Apple	75 cal
Buttermilk Pancakes, 2 ea	180 cal
Applesauce 4.5 oz	60 cal

26

MOZZARELLA CHEESE STICK	80 cal
Banana Sliced Bread	260 cal
Frosted Corn Flakes	110 cal
Bowl 1 oz	110 cal
Rice Chex Gluten Free Bowl 1 oz	110 cal
Trix Cereal Bowl 1 oz	120 cal
Nutrigrain Bar, Strawberry	150 cal
Trix Cereal Bar 1.42 oz	150 cal
Apple Juice	60 cal
Applesauce, Sour Cherry 4.5 oz	70 cal

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MOZZARELLA CHEESE BITES, 3 EACH	340 cal
Mozzarella Cheese	80 cal
Stick	111 cal
WG Double Chocolate Muffin	200 cal
Cereal Blueberry Chex Bowl 1 oz	110 cal
Frosted Corn Flakes	110 cal
Bowl 1 oz	110 cal
Trix Cereal Bowl 1 oz	110 cal
Pineapple, Wedges	30 cal
Frozen	30 cal
2 Mozzarella Cheese Bites with Marinara Sauce	267 cal

28

SCRAMBLED EGGS WITH CHEESE & TATER TOTS PLATTER	245 cal
Mozzarella Cheese	80 cal
Stick	111 cal
Frosted Corn Flakes	110 cal
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
Apple Juice	60 cal
Fresh Apple Slices	30 cal

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STUFFED HASHBROWN POTATO	245 cal
Mozzarella Cheese	80 cal
Stick	111 cal
Blueberry Muffin Top	250 cal
Frosted Corn Flakes	110 cal
Bowl 1 oz	110 cal
Trix Cereal Bowl 1 oz	110 cal
Pineapple, Wedges	30 cal
Banana, fresh	146 cal

30

PACOS, (PANCAKES TACOS, EGGS, CHEESE AND BACON)	384 cal
Frosted Corn Flakes	110 cal
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
Fresh Tangerine	40 cal
Scramble Eggs and Toast	169 cal
Fresh Apple Slices	30 cal

Served every day:
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.

MenuPower