

BREAKFAST

OCTOBER 2026

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
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
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
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
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
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

13

POWER BOX WITH YOGURT, GRAHAM & CHEESE	332 cal
Egg Patty & Chicken Sausage on Croissant	333 cal
Cheddar Cubes	90 cal
Cinnamon Toast Crunch Bowl RS, 1 oz	110 cal
Cheerios Gluten Free Bowl 1 oz	101 cal
Cereal Blueberry Chex Bowl 1 oz	120 cal
Frosted Corn Flakes Bowl 1 oz	110 cal
Mini Loaf Banana	161 cal
Fresh Apple Slices	30 cal
Fruit Juice Blend	60 cal
Fruit Punch Juice	60 cal
Apple Juice	50 cal

14

MOZZARELLA CHEESE BITES, 3 EACH	340 cal
Sandwich, PBJ 2.6 oz	300 cal
Trix Cereal Bowl 1 oz	110 cal
Trix Cereal Bar 1.42 oz	150 cal
Cinnamon Toast Crunch Bowl RS, 1 oz	110 cal
Cheerios Gluten Free Bowl 1 oz	101 cal
Cocoa Puffs Bowl 1 oz	120 cal
Banana, fresh	146 cal
Fresh Apple Slices	30 cal
Fruit Juice Blend	60 cal

15

CHICKEN AND EGG BISCUIT	350 cal
Trix Cereal Bowl 1 oz	110 cal
Trix Cereal Bar 1.42 oz	150 cal
Cinnamon Toast Crunch Bowl RS, 1 oz	110 cal
Cheerios Gluten Free Bowl 1 oz	101 cal
Cocoa Puffs Bowl 1 oz	120 cal
Fruit Juice Blend	60 cal
Apple Juice	60 cal
Fresh Apple Slices	30 cal

16

SWEET POTATO SWIRL	140 cal
Trix Cereal Bowl 1 oz	110 cal
Trix Cereal Bar 1.42 oz	150 cal
Cinnamon Toast Crunch Bowl RS, 1 oz	110 cal
Cheerios Gluten Free Bowl 1 oz	101 cal
Cocoa Puffs Bowl 1 oz	120 cal
Fresh Apple Slices	30 cal
Fruit Juice Blend	60 cal

19

WG DOUBLE CHOCOLATE MUFFIN WITH CHEESE	280 cal
Trix Cereal Bowl 1 oz	110 cal
Trix Cereal Bar 1.42 oz	150 cal
Cinnamon Toast Crunch Bowl RS, 1 oz	110 cal
Cheerios Gluten Free Bowl 1 oz	101 cal
Cocoa Puffs Bowl 1 oz	120 cal
Fresh Apple Slices	30 cal
Fruit Juice Blend	60 cal

20

YOGURT CUP WITH GRANOLA	210 cal
Egg & Cheese Breakfast Quesadilla	422 cal
Trix Cereal Bowl 1 oz	110 cal
Trix Cereal Bar 1.42 oz	150 cal
Cinnamon Toast Crunch Bowl RS, 1 oz	110 cal
Cheerios Gluten Free Bowl 1 oz	101 cal
Cocoa Puffs Bowl 1 oz	120 cal
Fruit Juice Blend	60 cal
Apple Juice	60 cal
Fresh Apple Slices	30 cal

21

CHICKEN WAFFLES SANDWICH	354 cal
Strawberry Yogurt Cup	90 cal
Trix Cereal Bowl 1 oz	110 cal
Trix Cereal Bar 1.42 oz	150 cal
Cinnamon Bun	241 cal
Cinnamon Toast Crunch Bowl RS, 1 oz	110 cal
Cheerios Gluten Free Bowl 1 oz	101 cal
Cocoa Puffs Bowl 1 oz	120 cal
Fresh Apple Slices	30 cal
Fruit Juice Blend	60 cal
Orange Wedges	76 cal

22

SCRAMBLED EGGS WITH CHEESE & TATER TOTS PLATTER	245 cal
Banana Sliced Bread	260 cal
Trix Cereal Bowl 1 oz	110 cal
Trix Cereal Bar 1.42 oz	150 cal
Cinnamon Toast Crunch Bowl RS, 1 oz	110 cal
Cheerios Gluten Free Bowl 1 oz	101 cal
Cocoa Puffs Bowl 1 oz	120 cal
Fruit Juice Blend	60 cal
Apple Juice	60 cal
Fresh Apple Slices	30 cal

23

PACOS, (PANCAKES TACOS, EGGS, CHEESE AND BACON)	384 cal
Trix Cereal Bowl 1 oz	110 cal
Trix Cereal Bar 1.42 oz	150 cal
Cinnamon Toast Crunch Bowl RS, 1 oz	110 cal
Cheerios Gluten Free Bowl 1 oz	101 cal
Cocoa Puffs Bowl 1 oz	120 cal
Orange Wedges	76 cal
Fresh Apple Slices	30 cal
Fruit Juice Blend	60 cal

26

TRIX CEREAL BOWL 1 OZ	110 cal
Trix Cereal Bar 1.42 oz	150 cal
Cinnamon Bun	241 cal
Cinnamon Toast Crunch Bowl RS, 1 oz	110 cal
Cheerios Gluten Free Bowl 1 oz	101 cal
Cocoa Puffs Bowl 1 oz	120 cal
Fresh Apple Slices	30 cal
Fruit Juice Blend	60 cal
Orange Wedges	76 cal

27

POWER BOX WITH YOGURT, GRANOLA & CHEESE	330 cal
Egg Patty & Chicken Sausage on Croissant	333 cal
Trix Cereal Bowl 1 oz	110 cal
Trix Cereal Bar 1.42 oz	150 cal
Cinnamon Toast Crunch Bowl RS, 1 oz	110 cal
Cheerios Gluten Free Bowl 1 oz	101 cal
Cocoa Puffs Bowl 1 oz	120 cal
Fruit Juice Blend	60 cal
Apple Juice	60 cal

28

MOZZARELLA CHEESE BITES, 3 EACH	340 cal
Sandwich, PBJ 2.6 oz	300 cal
Trix Cereal Bowl 1 oz	110 cal
Trix Cereal Bar 1.42 oz	150 cal
Cinnamon Toast Crunch Bowl RS, 1 oz	110 cal
Cheerios Gluten Free Bowl 1 oz	101 cal
Cocoa Puffs Bowl 1 oz	120 cal
Banana, fresh	146 cal
Fresh Apple Slices	30 cal
Fruit Juice Blend	60 cal
Orange Wedges	76 cal

29

CHICKEN AND EGG BISCUIT	350 cal
Trix Cereal Bowl 1 oz	110 cal
Trix Cereal Bar 1.42 oz	150 cal
Cinnamon Toast Crunch Bowl RS, 1 oz	110 cal
Cheerios Gluten Free Bowl 1 oz	101 cal
Cocoa Puffs Bowl 1 oz	120 cal
Fruit Juice Blend	60 cal
Apple Juice	60 cal
Fresh Apple Slices	30 cal

30

SWEET POTATO SWIRL	140 cal
Trix Cereal Bowl 1 oz	110 cal
Trix Cereal Bar 1.42 oz	150 cal
Cinnamon Toast Crunch Bowl RS, 1 oz	110 cal
Cheerios Gluten Free Bowl 1 oz	101 cal
Cocoa Puffs Bowl 1 oz	120 cal
Fresh Apple Slices	30 cal
Fruit Juice Blend	60 cal
Orange Wedges	76 cal

Served every day:

Mozzarella Cheese Stick - Rice Chex Gluten Free Bowl 1 oz - NutriGrain Bar, Strawberry - Assorted Milk

Menu data from Orange County Public Schools, drawn by myschoolmenu.net. Menu subject to change. Calories are per serving, as Orange County Public Schools publishes them.