

BREAKFAST OCTOBER 2026

Howard Middle School

Orange County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

5

CEREAL BLUEBERRY CHEX BOWL 1 OZ 111 cal
Frosted Corn Flakes Bowl 1 oz 111 cal
Trix Cereal Bowl 1 oz 110 cal
Peach Cup 90 cal
Strawberry Cup 80 cal

6

WG DOUBLE CHOCOLATE MUFFIN 170 cal
Mixed Berry Fruit Cup 90 cal
Apple Juice 60 cal

7

PANCAKE BITES 250 cal
Cereal Blueberry Chex Bowl 1 oz 111 cal
Frosted Corn Flakes Bowl 1 oz 111 cal
Banana, fresh 146 cal
Pineapple, Wedges Frozen 30 cal

1

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
Peach Cup 90 cal

2

RICE CHEX GLUTEN FREE BOWL 1 OZ 110 cal
Cinnamon Toast Crunch Bowl 1 oz 120 cal
Cocoa Puffs Bowl 1 oz 120 cal
Applesauce, Strawberry 4.5 oz 50 cal
Mixed Berry Fruit Cup 90 cal

12

No menu published

13

MOZZARELLA CHEESE BITES, 3 EACH 340 cal
Fresh Apple Slices 30 cal
Applesauce, Blue Razzleberry 4.5 oz 50 cal

14

SCRAMBLED EGGS WITH CHEESE & TATER TOTS PLATTER 245 cal
Cereal Blueberry Chex Bowl 1 oz 120 cal
Frosted Corn Flakes Bowl 1 oz 110 cal
Apple Juice 60 cal
Strawberry Cup 80 cal

15

STUFFED HASHBROWN POTATO 245 cal
Nutrigrain Bar, Strawberry 150 cal
Golden Delicious Apple 75 cal
Mixed Berry Fruit Cup 90 cal

16

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
Apple Juice 60 cal
Fresh Apple Slices 30 cal

19

BACON & EGGS PLATTER 140 cal
Cereal Blueberry Chex Bowl 1 oz 120 cal
Frosted Corn Flakes Bowl 1 oz 110 cal
Peach Cup 90 cal
Strawberry Cup 80 cal

20

MOZZARELLA CHEESE BITES, 3 EACH 340 cal
Mixed Berry Fruit Cup 90 cal
Apple Juice 60 cal

21

PANCAKE BITES 250 cal
Cereal Blueberry Chex Bowl 1 oz 120 cal
Frosted Corn Flakes Bowl 1 oz 110 cal
Banana, fresh 146 cal
Pineapple, Wedges Frozen 30 cal

22

POWER BOX WITH CRACKERS (NO YOGURT) 242 cal
Apple Juice 60 cal
Strawberry Cup 80 cal

23

SWIRL RASPBERRY 130 cal
Orange Wedges 76 cal
Mixed Berry Fruit Cup 90 cal

26

BANANA SLICED BREAD 260 cal
Cereal Blueberry Chex Bowl 1 oz 120 cal
Frosted Corn Flakes Bowl 1 oz 110 cal
Apple Juice 60 cal
Mixed Berry Fruit Cup 90 cal

27

MOZZARELLA CHEESE BITES, 3 EACH 340 cal
Frosted Corn Flakes Bowl 1 oz 110 cal
Peach Cup 90 cal
Strawberry Cup 80 cal

28

SCRAMBLED EGGS WITH CHEESE & TATER TOTS PLATTER 245 cal
Rice Chex Gluten Free Bowl 1 oz 110 cal
Trix Cereal Bar 1.42 oz 150 cal
Apple Juice 60 cal
Fresh Apple Slices 30 cal

29

STUFFED HASHBROWN POTATO 245 cal
Banana, fresh 146 cal
Strawberry Cup 80 cal

30

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
Apple Juice 60 cal
Fresh Apple Slices 30 cal

Served every day:

Mozzarella Cheese Stick · 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.