

Monday

Tuesday

Wednesday

Thursday

Friday

5

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
Nutrigrain Bar, Strawberry	160 cal
Trix Cereal Bar 1.42 oz	160 cal
Banana Sliced Bread	260 cal
WG Toast	90 cal
Blueberry Muffin Top	250 cal
Peach Cup	90 cal
Strawberry Cup	80 cal
Mixed Berry Fruit Cup	90 cal

6

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
Nutrigrain Bar, Strawberry	160 cal
Trix Cereal Bar 1.42 oz	160 cal
WG Toast	90 cal
Banana Sliced Bread	260 cal
Peach Cup	90 cal
Strawberry Cup	80 cal
Mixed Berry Fruit Cup	90 cal

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PANCAKE BITES	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
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

8

POWER BOX WITH CRACKERS (NO YOGURT)	242 cal
Blueberry Muffin Top	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
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

9

OATMEAL	190 cal
Sweet Potato Swirl	138 cal
Cereal Blueberry Chex Bowl 1 oz	111 cal
Frosted Corn Flakes Bowl 1 oz	111 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
Orange Wedges	76 cal
Golden Delicious Apple	75 cal
Mixed Berry Fruit Cup	90 cal
Fresh Apple Slices	30 cal

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No menu published

13

MOZZARELLA CHEESE BITES, 3 EACH	340 cal
Trix Cereal Bowl 1 oz	110 cal
Trix Cereal Bar 1.42 oz	150 cal
Bear Grahams, Cinnamon	120 cal
Cheerios Gluten Free Bowl 1 oz	101 cal
Pineapple, Wedges Frozen	30 cal
Strawberry Cup	80 cal
Apple Juice	50 cal
2 Mozzarella Cheese Bites with Marinara Sauce	267 cal

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SCRAMBLED EGGS WITH CHEESE & TATER TOTS PLATTER	245 cal
Nutrigrain Bar, Strawberry	150 cal
Cinnamon Toast Crunch R/S Bowl 1 oz	110 cal
Bear Grahams, Cinnamon	120 cal
Apple Juice	60 cal
Fresh Apple Slices	30 cal

15

STUFFED HASHBROWN POTATO	245 cal
Trix Cereal Bowl 1 oz	110 cal
Trix Cereal Bar 1.42 oz	150 cal
Bear Grahams, Cinnamon	120 cal
Fresh Apple Slices	30 cal
Golden Delicious Apple	75 cal
Apple Juice	60 cal
Fruit Punch Juice	60 cal

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PACOS, (PANCAKES TACOS, EGGS, CHEESE AND BACON)	384 cal
Trix Cereal Bowl 1 oz	110 cal
Bear Grahams, Cinnamon	120 cal
Apple Juice	60 cal
Fresh Apple Slices	30 cal
Fruit Punch Juice	60 cal
Scramble Eggs and Toast	169 cal
Applesauce 4.5 oz	60 cal

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EGGS, BACON & TOAST PLATTER	230 cal
Sunflower Seeds	204 cal
Trix Cereal Bar 1.42 oz	150 cal
Cocoa Puffs Bowl 1 oz	120 cal
Peach Cup	90 cal
Strawberry Cup	80 cal
Fruit Punch Juice	60 cal
Blueberry Muffin Top	250 cal

20

MOZZARELLA CHEESE BITES, 3 EACH	340 cal
Sunflower Seeds	204 cal
Trix Cereal Bowl 1 oz	110 cal
Trix Cereal Bar 1.42 oz	150 cal
Strawberry Cup	80 cal
Fruit Punch Juice	60 cal

21

PANCAKE BITES	250 cal
Trix Cereal Bowl 1 oz	110 cal
Bear Grahams, Cinnamon	120 cal
Banana, fresh	146 cal
Orange Wedges	76 cal
Fruit Punch Juice	60 cal

22

POWER BOX WITH CRACKERS (NO YOGURT)	242 cal
Trix Cereal Bowl 1 oz	110 cal
Bear Grahams, Cinnamon	120 cal
Fruit Juice Blend	60 cal
Peach Cup	90 cal
Fruit Punch Juice	60 cal
Cheerios Gluten Free Bowl 1 oz	101 cal

23

SUNFLOWER SEEDS	204 cal
Swirl Raspberry	130 cal
Trix Cereal Bowl 1 oz	110 cal
Nutrigrain Bar, Strawberry	150 cal
Golden Delicious Apple	75 cal
Fruit Punch Juice	60 cal
Buttermilk Pancakes, 2 ea	180 cal
Applesauce 4.5 oz	60 cal

26

SUNFLOWER SEEDS	204 cal
Banana Sliced Bread	260 cal
Trix Cereal Bowl 1 oz	110 cal
Apple Juice	60 cal
Applesauce, Blue Razzleberry 4.5 oz	50 cal
Fruit Punch Juice	60 cal
Apple Cherry Juice	50 cal

27

MOZZARELLA CHEESE BITES, 3 EACH	340 cal
Sunflower Seeds	204 cal
Trix Cereal Bowl 1 oz	110 cal
Nutrigrain Bar, Strawberry	150 cal
Peach Cup	90 cal
Strawberry Cup	80 cal
Apple Cherry Juice	50 cal
2 Mozzarella Cheese Bites with Marinara Sauce	267 cal

28

SCRAMBLED EGGS WITH CHEESE & TATER TOTS PLATTER	245 cal
Sunflower Seeds	204 cal
Trix Cereal Bowl 1 oz	110 cal
Apple Juice	60 cal
Fresh Apple Slices	30 cal
Apple Cherry Juice	50 cal

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STUFFED HASHBROWN POTATO	245 cal
Sunflower Seeds	204 cal
Pineapple, Wedges Frozen	30 cal
Orange Wedges	76 cal
Apple Cherry Juice	50 cal

30

PACOS, (PANCAKES TACOS, EGGS, CHEESE AND BACON)	384 cal
Sunflower Seeds	204 cal
Trix Cereal Bowl 1 oz	110 cal
Apple Juice	60 cal
Fresh Apple Slices	30 cal
Apple Cherry Juice	50 cal
Scramble Eggs and Toast	169 cal

Served every day:

Mozzarella Cheese Stick • Rice Chex Gluten Free Bowl 1 oz • 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.

MenuViewer