

Lake Whitney Elementary School

Breakfast · October 2026

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
 - Rice Chex Gluten Free Bowl 1 oz 110 cal
 - Trix Cereal Bar 1.42 oz 160 cal
 - Banana Sliced Bread 260 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
 - Rice Chex Gluten Free Bowl 1 oz 110 cal
 - Trix Cereal Bar 1.42 oz 160 cal
 - Peach Cup 90 cal
 - Strawberry Cup 80 cal
 - Mixed Berry Fruit Cup 90 cal

- 7**
- Pancake Bites** 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 Bar 1.42 oz 160 cal
 - Banana, fresh 146 cal
 - Pineapple, Wedges Frozen 30 cal
 - Orange Wedges 76 cal

- 1**
- Scrambled Eggs with Cheese & Tater Tots Platter** 211 cal
 - Cocoa Puffs Bowl 1 oz 120 cal
 - Apple Juice 60 cal
 - Red Delicious Apple 75 cal

- 2**
- Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon)** 417 cal
 - Cinnamon Toast Crunch Bowl 1 oz 120 cal
 - Applesauce, Strawberry 4.5 oz 50 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
 - Rice Chex Gluten Free Bowl 1 oz 110 cal
 - Trix Cereal Bar 1.42 oz 160 cal
 - Apple Juice 60 cal
 - Fruit Juice Blend 60 cal
 - Tangelos, Fresh 47 cal
 - Banana, fresh 146 cal
 - Fresh Apple Slices 30 cal

- 9**
- Sweet Potato Swirl** 138 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 Bar 1.42 oz 160 cal
 - Orange Wedges 76 cal
 - Golden Delicious Apple 75 cal
 - Mixed Berry Fruit Cup 90 cal

No menu published

- 13**
- Mozzarella Cheese Bites, 3 each** 340 cal
 - Cheddar Cubes 90 cal
 - Cinnamon Toast Crunch Bowl RS, 1 oz 110 cal
 - Cheerios Gluten Free Bowl 1 oz 101 cal
 - Blueberry Muffin Top 250 cal
 - Applesauce, Strawberry 4.5 oz 50 cal
 - Apple Juice 50 cal
 - Mix Fruit Cup 80 cal

- 14**
- Scrambled Eggs with Cheese & Tater Tots Platter** 245 cal
 - Pancake Bites 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
 - Apple Juice 60 cal
 - Fruit Juice Blend 60 cal
 - Fresh Tangerine 40 cal

- 15**
- Stuffed Hashbrown Potato** 245 cal
 - Blueberry Muffin Top 250 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
 - Orange Wedges 76 cal
 - Golden Delicious Apple 75 cal

- 16**
- Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon)** 384 cal
 - 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 Bar 1.42 oz 150 cal
 - Fruit Juice Blend 60 cal
 - Apple Juice 60 cal
 - Fresh Apple Slices 30 cal

- 19**
- Eggs, Bacon & Toast Platter** 230 cal
 - Banana Sliced Bread 260 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 Bar 1.42 oz 150 cal
 - Peach Cup 90 cal
 - Strawberry Cup 80 cal

- 20**
- Mozzarella Cheese Bites, 3 each** 340 cal
 - WG Double Chocolate Muffin 200 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 Bar 1.42 oz 150 cal
 - Peach Cup 90 cal
 - Mixed Berry Fruit Cup 90 cal

- 21**
- Pancake Bites** 250 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 Bar 1.42 oz 150 cal
 - Banana, fresh 146 cal
 - Pineapple, Wedges Frozen 30 cal

- 22**
- Power Box with Crackers (no yogurt)** 242 cal
 - Blueberry Muffin Top 250 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 Bar 1.42 oz 150 cal
 - Apple Juice 60 cal
 - Fruit Juice Blend 60 cal
 - Peach Cup 90 cal

- 23**
- Swirl Raspberry** 130 cal
 - 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 Bar 1.42 oz 150 cal
 - Orange Wedges 76 cal
 - Golden Delicious Apple 75 cal

- 26**
- Banana Sliced Bread** 260 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 Bar 1.42 oz 150 cal
 - Apple Juice 60 cal
 - Fruit Juice Blend 60 cal
 - Applesauce, Peach 4.5 oz 60 cal

- 27**
- Mozzarella Cheese Bites, 3 each** 340 cal
 - WG Double Chocolate Muffin 200 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 Bar 1.42 oz 150 cal
 - Peach Cup 90 cal
 - Strawberry Cup 80 cal

- 28**
- Scrambled Eggs with Cheese & Tater Tots Platter** 245 cal
 - Pancake Bites 250 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 Bar 1.42 oz 150 cal
 - Apple Juice 60 cal
 - Fruit Juice Blend 60 cal
 - Orange Wedges 76 cal

- 29**
- Stuffed Hashbrown Potato** 245 cal
 - Blueberry Muffin Top 250 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 Bar 1.42 oz 150 cal
 - Banana, fresh 146 cal
 - Pineapple, Wedges Frozen 30 cal

- 30**
- Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon)** 384 cal
 - 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 Bar 1.42 oz 150 cal
 - Fruit Juice Blend 60 cal
 - Apple Juice 60 cal
 - Fresh Apple Slices 30 cal

Served every day

Mozzarella Cheese Stick · Nutrifrain Bar, Strawberry · WG Toast · Assorted Milk · Trix Cereal Bowl 1 oz