

Little River Elementary School

Breakfast · October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Scrambled Eggs with Cheese & Tater Tots Platter 211 cal Cinnamon Toast Crunch Bowl 1 oz 120 cal Cocoa Puffs Bowl 1 oz 120 cal Trix Cereal Bowl 1 oz 110 cal Nutrigrain Bar, Strawberry 160 cal Trix Cereal Bar 1.42 oz 160 cal Fruit Juice Blend 60 cal Red Delicious Apple 75 cal Peach Cup 90 cal	Pacos, (Pancakes, Tacos, Eggs, Cheese and Bacon) 417 cal Cinnamon Toast Crunch Bowl 1 oz 120 cal Cocoa Puffs Bowl 1 oz 120 cal Trix Cereal Bowl 1 oz 110 cal Nutrigrain Bar, Strawberry 160 cal Trix Cereal Bar 1.42 oz 160 cal Orange Wedges 76 cal Applesauce, Strawberry 4.5 oz 50 cal
5	6	7	8	9
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 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 Peach Cup 90 cal Strawberry Cup 80 cal Mixed Berry Fruit Cup 90 cal Blueberry Muffin Top 250 cal	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 Rice Chex Gluten Free Bowl 1 oz 110 cal Nutrigrain Bar, Strawberry 160 cal Trix Cereal Bar 1.42 oz 160 cal Peach Cup 90 cal Strawberry Cup 80 cal Mixed Berry Fruit Cup 90 cal Banana Sliced Bread 260 cal	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 Bowl 1 oz 110 cal Nutrigrain Bar, Strawberry 160 cal Trix Cereal Bar 1.42 oz 160 cal Banana, fresh 146 cal Pineapple, Wedges Frozen 30 cal Orange Wedges 76 cal	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 Rice Chex Gluten Free Bowl 1 oz 110 cal Nutrigrain Bar, Strawberry 160 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	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 Rice Chex Gluten Free Bowl 1 oz 110 cal Nutrigrain Bar, Strawberry 160 cal Trix Cereal Bar 1.42 oz 160 cal Orange Wedges 76 cal Golden Delicious Apple 75 cal Mixed Berry Fruit Cup 90 cal Oatmeal 190 cal Fresh Apple Slices 30 cal
12	13	14	15	16
No menu published	Mozzarella Cheese Bites, 2 each 227 cal Strawberry Cup 80 cal Pineapple, Wedges Frozen 30 cal 2 Mozzarella Cheese Bites with Marinara Sauce 267 cal	Scrambled Eggs with Cheese & Tater Tots Platter 245 cal Nutrigrain Bar, Strawberry 150 cal Trix Cereal Bar 1.42 oz 150 cal Fruit Juice Blend 60 cal Fresh Tangerine 40 cal	Stuffed Hashbrown Potato 245 cal Mixed Berry Fruit Cup 90 cal Fresh Apple Slices 30 cal Banana, fresh 146 cal	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 Rice Chex Gluten Free Bowl 1 oz 110 cal Trix Cereal Bowl 1 oz 110 cal Cocoa Puffs Bowl 1 oz 120 cal Cinnamon Toast Crunch R/S Bowl 1 oz 110 cal Apple Juice 60 cal Fresh Tangerine 40 cal Scramble Eggs and Toast 169 cal
19	20	21	22	23
Eggs, Bacon & Toast Platter 230 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 Bowl 1 oz 110 cal Nutrigrain Bar, Strawberry 150 cal Trix Cereal Bar 1.42 oz 150 cal Peach Cup 90 cal Mixed Berry Fruit Cup 90 cal Blueberry Muffin Top 250 cal	Mozzarella Cheese Bites, 3 each 340 cal Cereal Blueberry Chex Bowl 1 oz 120 cal Frosted Corn Flakes 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 Mixed Berry Fruit Cup 90 cal Fruit Juice Blend 60 cal Strawberry Cup 80 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 Bowl 1 oz 110 cal Nutrigrain Bar, Strawberry 150 cal Trix Cereal Bar 1.42 oz 150 cal Pineapple, Wedges Frozen 30 cal Orange Wedges 76 cal	Power Box with Crackers (no yogurt) 242 cal Cereal Blueberry Chex Bowl 1 oz 120 cal Frosted Corn Flakes 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 Strawberry Cup 80 cal Cheerios Gluten Free Bowl 1 oz 101 cal	Swirl Raspberry 130 cal Cereal Blueberry Chex Bowl 1 oz 120 cal Frosted Corn Flakes 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 Orange Wedges 76 cal Mixed Berry Fruit Cup 90 cal Buttermilk Pancakes, 2 ea 180 cal
26	27	28	29	30
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 Bowl 1 oz 110 cal Nutrigrain Bar, Strawberry 150 cal Trix Cereal Bar 1.42 oz 150 cal Apple Juice 60 cal Applesauce, Blue Razzleberry 4.5 oz 50 cal Applesauce, Birthday Cake 4.5 oz 70 cal	Mozzarella Cheese Bites, 3 each 340 cal Cereal Blueberry Chex Bowl 1 oz 120 cal Frosted Corn Flakes 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 Peach Cup 90 cal Pineapple, Wedges Frozen 30 cal 2 Mozzarella Cheese Bites with Marinara Sauce 267 cal	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 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	Stuffed Hashbrown Potato 245 cal Cereal Blueberry Chex Bowl 1 oz 120 cal Frosted Corn Flakes Bowl 1 oz 110 cal Trix Cereal Bowl 1 oz 110 cal Rice Chex Gluten Free Bowl 1 oz 110 cal Trix Cereal Bar 1.42 oz 150 cal Nutrigrain Bar, Strawberry 150 cal Pineapple, Wedges Frozen 30 cal Orange Wedges 76 cal	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 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 Fruit Juice Blend 60 cal Fresh Apple Slices 30 cal Scramble Eggs and Toast 169 cal
Served every day  Mozzarella Cheese Stick ·  WG Toast ·  Assorted Milk				