

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			SCRAMBLED EGGS WITH CHEESE & TATER TOTS PLATTER 211 cal Mozzarella Cheese 80 cal Stick Blueberry Muffin Top 250 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 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 Red Delicious Apple 75 cal Dried Cranberries 110 cal Fresh Apple Slices 30 cal Peach Cup 90 cal Strawberry Cup 80 cal	PACOS, (PANCAKES TACOS, EGGS, CHEESE AND BACON) 417 cal Mozzarella Cheese 80 cal Stick Sweet Potato Swirl 138 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 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 Applesauce, Strawberry 4.5 oz 50 cal Apple Juice 60 cal Fruit Juice Blend 60 cal
5	6	7	8	9
EGGS, BACON & TOAST PLATTER 230 cal Mozzarella Cheese 80 cal Stick 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 WG Toast 90 cal Blueberry Muffin Top 250 cal Peach Cup 90 cal Strawberry Cup 80 cal Mixed Berry Fruit Cup 90 cal	MOZZARELLA CHEESE BITES, 3 EACH 340 cal Mozzarella Cheese 80 cal Stick 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 WG Toast 90 cal Banana Sliced Bread 260 cal Peach Cup 90 cal Strawberry Cup 80 cal Mixed Berry Fruit Cup 90 cal	PANCAKE BITES 250 cal Mozzarella Cheese 80 cal Stick 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 WG Toast 90 cal Banana, fresh 146 cal Pineapple, Wedges Frozen 30 cal Orange Wedges 76 cal	POWER BOX WITH CRACKERS (NO YOGURT) 242 cal Mozzarella Cheese 80 cal Stick 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 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	MOZZARELLA CHEESE STICK 80 cal 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 Rice Chex Gluten Free 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
12	13	14	15	16
No menu published	MOZZARELLA CHEESE BITES, 3 EACH 340 cal Peanut Butter cup 185 cal Mozzarella Cheese Bites, 2 each 227 cal WG Double Chocolate Muffin 200 cal Trix Cereal Bowl 1 oz 110 cal Rice Chex Gluten Free Bowl 1 oz 110 cal Cinnamon Granola 134 cal Pineapple, Wedges Frozen 30 cal Mix Fruit Cup 80 cal Applesauce, Birthday Cake 4.5 oz 70 cal Strawberry Cup 80 cal	SCRAMBLED EGGS WITH CHEESE & TATER TOTS PLATTER 245 cal Peanut Butter cup 185 cal Cereal Blueberry Chex Bowl 1 oz 120 cal Frosted Corn Flakes Bowl 1 oz 110 cal Trix Cereal Bowl 1 oz 110 cal Apple Juice 60 cal Pineapple, Wedges Frozen 30 cal	PEANUT BUTTER CUP 185 cal 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 WG Toast 90 cal Orange Wedges 76 cal Golden Delicious Apple 75 cal Banana, fresh 146 cal	MOZZARELLA CHEESE STICK 80 cal Sweet Potato Swirl 140 cal Cereal Blueberry Chex Bowl 1 oz 120 cal Frosted Corn Flakes Bowl 1 oz 110 cal Trix Cereal Bowl 1 oz 110 cal Fruit Juice Blend 60 cal Fresh Apple Slices 30 cal Scramble Eggs and Toast 169 cal Applesauce 4.5 oz 60 cal
19	20	21	22	23
MOZZARELLA CHEESE STICK 80 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 Nutrigrain Bar, Strawberry 150 cal Peach Cup 90 cal Mixed Berry Fruit Cup 90 cal Blueberry Muffin Top 250 cal	WG DOUBLE CHOCOLATE MUFFIN 200 cal Rice Chex Gluten Free Bowl 1 oz 110 cal Strawberry Cup 80 cal	PANCAKE BITES 250 cal Mozzarella Cheese 80 cal Stick Cereal Blueberry Chex Bowl 1 oz 120 cal Rice Chex Gluten Free Bowl 1 oz 110 cal Trix Cereal Bowl 1 oz 110 cal Banana, fresh 146 cal Pineapple, Wedges Frozen 30 cal	POWER BOX WITH CRACKERS (NO YOGURT) 242 cal Mozzarella Cheese 80 cal Stick Blueberry Muffin Top 250 cal Frosted Corn Flakes Bowl 1 oz 110 cal Rice Chex Gluten Free Bowl 1 oz 110 cal Apple Juice 60 cal Mixed Berry Fruit Cup 90 cal Cheerios Gluten Free Bowl 1 oz 101 cal Peach Cup 90 cal	MOZZARELLA CHEESE STICK 80 cal Sweet Potato Swirl 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 Orange Wedges 76 cal Golden Delicious Apple 75 cal Buttermilk Pancakes, 2 ea 180 cal
26	27	28	29	30
MOZZARELLA CHEESE STICK 80 cal Banana Sliced Bread 260 cal Cereal Blueberry Chex Bowl 1 oz 120 cal Frosted Corn Flakes Bowl 1 oz 110 cal Trix Cereal Bowl 1 oz 110 cal Apple Juice 60 cal Applesauce, Peach 4.5 oz 60 cal Applesauce, Birthday Cake 4.5 oz 70 cal	MOZZARELLA CHEESE STICK 80 cal WG Double Chocolate Muffin 200 cal Cereal Blueberry Chex Bowl 1 oz 120 cal Trix Cereal Bowl 1 oz 110 cal Pineapple, Wedges Frozen 30 cal 2 Mozzarella Cheese Bites with Marinara Sauce 267 cal	PANCAKE BITES 250 cal Mozzarella Cheese 80 cal Stick Cereal Blueberry Chex Bowl 1 oz 120 cal Frosted Corn Flakes Bowl 1 oz 110 cal Trix Cereal Bowl 1 oz 110 cal Apple Juice 60 cal Fresh Apple Slices 30 cal Banana, fresh 146 cal Scrambled Eggs with Cheese & Tater Tots Platter 142 cal	MOZZARELLA CHEESE STICK 80 cal Blueberry Muffin Top 250 cal Frosted Corn Flakes Bowl 1 oz 110 cal Pineapple, Wedges Frozen 30 cal Orange Wedges 76 cal Stuffed Hashbrown Potato 245 cal	MOZZARELLA CHEESE STICK 80 cal Sweet Potato Swirl 140 cal Cereal Blueberry Chex Bowl 1 oz 120 cal Nutrigrain Bar, Strawberry 150 cal WG Toast 90 cal Fruit Juice Blend 60 cal Fresh Apple Slices 30 cal Scramble Eggs and Toast 169 cal

Served every day:

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.

MenuItems