

Ocoee Middle 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
 - ✓ Banana Sliced Bread 260 cal
 - ✓ Peach Cup 90 cal
 - ✓ Strawberry Cup 80 cal

- 6 Mozzarella Cheese Bites, 3 each** 340 cal
- ✓ WG Double Chocolate Muffin 170 cal
 - ✓ Trix Cereal Bowl 1 oz 110 cal
 - ✓ Peach 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
 - ✓ Orange Wedges 76 cal
 - ✓ Banana, fresh 146 cal

- 1 Scrambled Eggs with Cheese & Tater Tots Platter** 211 cal
- ✓ Blueberry Muffin Top 250 cal
 - ✓ Cinnamon Toast Crunch 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
 - ✓ Apple Juice 60 cal
 - ✓ Red Delicious Apple 75 cal

- 2 Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon)** 417 cal
- ✓ Sweet Potato Swirl 138 cal
 - ✓ Cinnamon Toast Crunch Bowl 1 oz 120 cal
 - ✓ Cocoa Puffs Bowl 1 oz 120 cal
 - ✓ Trix Cereal Bowl 1 oz 110 cal
 - ✓ Golden Delicious Apple 75 cal
 - ✓ Applesauce, Strawberry 4.5 oz 50 cal

- 8 Power Box with Crackers (no yogurt)** 242 cal
- ✓ Blueberry Muffin Top 250 cal
 - ✓ Trix Cereal Bowl 1 oz 110 cal
 - ✓ Apple Juice 60 cal
 - ✓ Fresh Apple Slices 30 cal

- 9 Sweet Potato Swirl** 138 cal
- ✓ Frosted Corn Flakes Bowl 1 oz 111 cal
 - ✓ Nutrigrain Bar, Strawberry 160 cal
 - ✓ Orange Wedges 76 cal
 - ✓ Mixed Berry Fruit Cup 90 cal

No menu published

- 13 Mozzarella Cheese Bites, 3 each** 340 cal
- ✓ WG Double Chocolate Muffin 200 cal
 - ✓ Frosted Corn Flakes Bowl 1 oz 110 cal
 - ✓ Trix Cereal Bowl 1 oz 110 cal
 - ✓ Peach Cup 90 cal
 - ✓ Apple Juice 50 cal

- 14 Scrambled Eggs with Cheese & Tater Tots Platter** 245 cal
- ✓ Pancake Bites 250 cal
 - ✓ Cereal Blueberry Chex Bowl 1 oz 120 cal
 - ✓ Apple Juice 60 cal
 - ✓ Fresh Apple Slices 30 cal

- 15 Stuffed Hashbrown Potato** 245 cal
- ✓ Blueberry Muffin Top 250 cal
 - ✓ Frosted Corn Flakes Bowl 1 oz 110 cal
 - ✓ Trix Cereal Bowl 1 oz 110 cal
 - ✓ Golden Delicious Apple 75 cal
 - ✓ Mixed Berry Fruit Cup 90 cal

- 16 Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon)** 384 cal
- ✓ Sweet Potato Swirl 140 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

- 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
 - ✓ Peach Cup 90 cal
 - ✓ Strawberry Cup 80 cal

- 20 Mozzarella Cheese Bites, 3 each** 340 cal
- ✓ WG Double Chocolate Muffin 200 cal
 - ✓ Strawberry Cup 80 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
 - ✓ Orange Wedges 76 cal

- 22 Power Box with Crackers (no yogurt)** 242 cal
- ✓ Blueberry Muffin Top 250 cal
 - ✓ Cereal Blueberry Chex Bowl 1 oz 120 cal
 - ✓ Trix Cereal Bowl 1 oz 110 cal
 - ✓ Apple Juice 60 cal
 - ✓ Strawberry Cup 80 cal

- 23 Swirl Raspberry** 130 cal
- ✓ Trix Cereal Bowl 1 oz 110 cal
 - ✓ Golden Delicious Apple 75 cal
 - ✓ Mixed Berry Fruit Cup 90 cal

- 26 Banana Sliced Bread** 260 cal
- ✓ Cereal Blueberry Chex Bowl 1 oz 120 cal
 - ✓ Trix Cereal Bowl 1 oz 110 cal
 - ✓ Apple Juice 60 cal
 - ✓ Applesauce, Blue Razzleberry 4.5 oz 50 cal

- 27 Mozzarella Cheese Bites, 3 each** 340 cal
- ✓ WG Double Chocolate Muffin 200 cal
 - ✓ Cereal Blueberry Chex Bowl 1 oz 120 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
 - ✓ Apple Juice 60 cal
 - ✓ Golden Delicious Apple 75 cal

- 29 Stuffed Hashbrown Potato** 245 cal
- ✓ Blueberry Muffin Top 250 cal
 - ✓ Frosted Corn Flakes Bowl 1 oz 110 cal
 - ✓ Trix Cereal Bowl 1 oz 110 cal
 - ✓ Banana, fresh 146 cal
 - ✓ Orange Wedges 76 cal

- 30 Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon)** 384 cal
- ✓ Sweet Potato Swirl 140 cal
 - ✓ Cereal Blueberry Chex Bowl 1 oz 120 cal
 - ✓ Apple Juice 60 cal
 - ✓ Fresh Apple Slices 30 cal

Served every day

- ✓ Mozzarella Cheese Stick
- ✓ Assorted Milk