

BREAKFAST OCTOBER 2026

Orlando Gifted Academy

Orange County Public Schools

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 Apple Juice 60 cal Dried Cranberries 110 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 Golden Delicious 75 cal Apple Apple Cherry Juice 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 Banana Sliced Bread 260 cal WG Toast 90 cal Peach Cup 90 cal Strawberry Cup 80 cal Mixed Berry Fruit Cup 90 cal	MOZZARELLA CHEESE BITES, 3 EACH 340 cal WG Double Chocolate Muffin Cereal Blueberry Chex Bowl 1 oz 111 cal Frosted Corn Flakes Bowl 1 oz 111 cal WG Toast 90 cal Peach Cup 90 cal Strawberry Cup 80 cal Mixed Berry Fruit Cup 90 cal	PANCAKE BITES 250 cal Cereal Blueberry Chex Bowl 1 oz 111 cal Frosted Corn Flakes Bowl 1 oz 111 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 Blueberry Muffin Top 250 cal Cereal Blueberry Chex Bowl 1 oz 111 cal Frosted Corn Flakes Bowl 1 oz 111 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	SWEET POTATO SWIRL 138 cal Cereal Blueberry Chex Bowl 1 oz 111 cal Frosted Corn Flakes Bowl 1 oz 111 cal WG Toast 90 cal Orange Wedges 76 cal Golden Delicious 75 cal Apple Mixed Berry Fruit Cup 90 cal
12	13	14	15	16
No menu published	MOZZARELLA CHEESE BITES, 3 EACH 340 cal Applesauce, Strawberry 4.5 oz 50 cal Apple Cherry Juice 50 cal	SCRAMBLED EGGS WITH CHEESE & TATER TOTS PLATTER 245 cal Apple Juice 60 cal Fresh Apple Slices 30 cal Apple Cherry Juice 50 cal	STUFFED HASHBROWN POTATO 245 cal Golden Delicious 75 cal Apple Mixed Berry Fruit Cup 90 cal	PACOS, (PANCAKES TACOS, EGGS, CHEESE AND BACON) 384 cal Fruit Juice Blend 60 cal Fresh Apple Slices 30 cal Apple Cherry Juice 50 cal
19	20	21	22	23
EGGS, BACON & TOAST PLATTER 230 cal Peach Cup 90 cal Mixed Berry Fruit Cup 90 cal Apple Cherry Juice 50 cal	MOZZARELLA CHEESE BITES, 3 EACH 340 cal Mixed Berry Fruit Cup 90 cal Applesauce, Strawberry 4.5 oz 50 cal	PANCAKE BITES 250 cal Banana, fresh 146 cal Pineapple, Wedges Frozen 30 cal Apple Cherry Juice 50 cal	POWER BOX WITH CRACKERS (NO YOGURT) 242 cal Fruit Juice Blend 60 cal Peach Cup 90 cal Apple Cherry Juice 50 cal	SWEET POTATO SWIRL 140 cal Cereal Blueberry Chex Bowl 1 oz 120 cal Orange Wedges 76 cal Golden Delicious 75 cal Apple Apple Cherry Juice 50 cal Raisels 27 cal
26	27	28	29	30
BANANA SLICED BREAD 260 cal Apple Juice 60 cal Applesauce, Blue Razzleberry 4.5 oz 50 cal Apple Cherry Juice 50 cal Raisels 27 cal	MOZZARELLA CHEESE BITES, 3 EACH 340 cal Cocoa Puffs Bowl 1 oz 120 cal Peach Cup 90 cal Strawberry Cup 80 cal Dried Cranberries 110 cal Apple Cherry Juice 50 cal	SCRAMBLED EGGS WITH CHEESE & TATER TOTS PLATTER 245 cal Frosted Corn Flakes Bowl 1 oz 110 cal Cocoa Puffs Bowl 1 oz 120 cal Fruit Juice Blend 60 cal Fresh Apple Slices 30 cal	STUFFED HASHBROWN POTATO 245 cal Frosted Corn Flakes Bowl 1 oz 110 cal Pineapple, Wedges Frozen 30 cal Applesauce 4.5 oz 60 cal Apple Cherry Juice 50 cal Dried Cranberries 110 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 Apple Juice 60 cal Fresh Apple Slices 30 cal Apple Cherry Juice 50 cal Dried Cranberries 110 cal

Served every day:

Mozzarella Cheese Stick · Rice Chex Gluten Free Bowl 1 oz · Trix Cereal Bowl 1 oz · Nutrigrain Bar, Strawberry · Trix Cereal Bar 1.42 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.