

BREAKFAST

OCTOBER 2026

Pinar Elementary School

Orange County Public Schools

Monday	Tuesday	Wednesday	Thursday	Friday
			1  SCRAMBLED EGGS WITH CHEESE & TATER TOTS PLATTER 211 cal  Cinnamon Toast Crunch Bowl 1 oz 120 cal  Cocoa Puffs Bowl 1 oz 120 cal  Red Delicious Apple 75 cal	2  CINNAMON TOAST CRUNCH BOWL 1 OZ 120 cal  Cocoa Puffs Bowl 1 oz 120 cal  Applesauce, Strawberry 4.5 oz 50 cal  Fresh Apple Slices 30 cal
5  EGGS, BACON & TOAST PLATTER 230 cal  Trix Cereal Bowl 1 oz 110 cal  Peach Cup 90 cal  Strawberry Cup 80 cal	6  MOZZARELLA CHEESE BITES, 3 EACH 340 cal  Peach Cup 90 cal  Apple Juice 60 cal	7  PANCAKE BITES 250 cal  Frosted Corn Flakes Bowl 1 oz 111 cal  Trix Cereal Bowl 1 oz 110 cal  Fresh Apple Slices 30 cal	8  POWER BOX WITH CRACKERS (NO YOGURT) 242 cal  Apple Juice 60 cal  Fresh Apple Slices 30 cal	9  SWEET POTATO SWIRL 138 cal  Trix Cereal Bar 1.42 oz 160 cal  Golden Delicious Apple 75 cal
12 No menu published	13  MOZZARELLA CHEESE BITES, 3 EACH 340 cal  Cheddar Cheese Cubes 90 cal  Applesauce 4.5 oz 60 cal  Fresh Apple Slices 30 cal  2 Mozzarella Cheese Bites with Marinara Sauce 267 cal	14  SCRAMBLED EGGS WITH CHEESE & TATER TOTS PLATTER 245 cal  Trix Cereal Bar 1.42 oz 150 cal  Apple Juice 60 cal  Fresh Apple Slices 30 cal	15  STUFFED HASHBROWN POTATO 245 cal  Fresh Apple Slices 30 cal	16  PACOS, (PANCAKES TACOS, EGGS, CHEESE AND BACON) 384 cal  Frosted Corn Flakes Bowl 1 oz 110 cal  Trix Cereal Bowl 1 oz 110 cal  Trix Cereal Bar 1.42 oz 150 cal  Apple Juice 60 cal  Applesauce 4.5 oz 60 cal  Scramble Eggs and Toast 169 cal
19  EGGS, BACON & TOAST PLATTER 230 cal  Frosted Corn Flakes Bowl 1 oz 110 cal  Trix Cereal Bowl 1 oz 110 cal  Peach Cup 90 cal  Mixed Berry Fruit Cup 90 cal  Blueberry Muffin Top 250 cal	20  MOZZARELLA CHEESE BITES, 3 EACH 340 cal  Peach Cup 90 cal  Strawberry Cup 80 cal  Rice Chex Gluten Free Bowl 1 oz 110 cal	21  PANCAKE BITES 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	22  POWER BOX WITH CRACKERS (NO YOGURT) 242 cal  Fruit Juice Blend 60 cal  Peach Cup 90 cal  Cheerios Gluten Free Bowl 1 oz 101 cal	23  TRIX CEREAL BAR 1.42 OZ 150 cal  Swirl Raspberry 130 cal  Golden Delicious Apple 75 cal  Mixed Berry Fruit Cup 90 cal  Buttermilk Pancakes, 2 ea 180 cal  Applesauce 4.5 oz 60 cal
26  BANANA SLICED BREAD 260 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	27  MOZZARELLA CHEESE BITES, 3 EACH 340 cal  Peach Cup 90 cal  2 Mozzarella Cheese Bites with Marinara Sauce 267 cal	28  SCRAMBLED EGGS WITH CHEESE & TATER TOTS PLATTER 245 cal  Trix Cereal Bar 1.42 oz 150 cal  Apple Juice 60 cal  Fresh Apple Slices 30 cal	29  STUFFED HASHBROWN POTATO 245 cal  Pineapple, Wedges Frozen 30 cal	30  PACOS, (PANCAKES TACOS, EGGS, CHEESE AND BACON) 384 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

Served every day:

 Mozzarella Cheese Stick ·  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.