

Pinewood Elementary School

Breakfast · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

5	
● Eggs, Bacon & Toast Platter	230 cal
● Mozzarella Cheese Stick	80 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
● WG Toast	90 cal
● Blueberry Muffin Top	250 cal
● Peach Cup	90 cal
● Strawberry Cup	80 cal
● Mixed Berry Fruit Cup	90 cal

6	
● Mozzarella Cheese Bites, 3 each	340 cal
● Mozzarella Cheese Stick	80 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
● WG Toast	90 cal
● Banana Sliced Bread	260 cal
● Peach Cup	90 cal
● Strawberry Cup	80 cal
● Mixed Berry Fruit Cup	90 cal

7	
● Pancake Bites	250 cal
● Mozzarella Cheese Stick	80 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
● WG Toast	90 cal
● Banana, fresh	146 cal
● Pineapple, Wedges Frozen	30 cal
● Orange Wedges	76 cal

8	
● Power Box with Crackers (no yogurt)	242 cal
● Mozzarella Cheese Stick	80 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
● 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

9	
● Mozzarella Cheese Stick	80 cal
● Outmeal	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
● Applesauce, Strawberry 4.5 oz	50 cal
● Apple Juice	60 cal
● Fruit Juice Blend	60 cal

12	
No menu published	

13	
● Mozzarella Cheese Bites, 3 each	340 cal
● 2 Mozzarella Cheese Bites with Marinara Sauce	267 cal
● Trix Cereal Bowl 1 oz	110 cal
● Rice Chex Gluten Free Bowl 1 oz	110 cal
● WG Toast	90 cal
● Cheddar Goldfish Crackers	100 cal
● Golden Sun Splash Vegetable Juice	40 cal
● Peach Cup	90 cal
● Strawberry Cup	80 cal
● Applesauce, Blue Razzleberry 4.5 oz	50 cal
● Diced Peach Cup	70 cal

14	
● Scrambled Eggs with Cheese & Tater Tots Platter	245 cal
● Cereal Blueberry Chex Bowl 1 oz	111 cal
● Rice Chex Gluten Free Bowl 1 oz	110 cal
● WG Toast	90 cal
● Apple Juice	60 cal
● Fruit Juice Blend	60 cal
● Orange Wedges	76 cal

15	
● Stuffed Hashbrown Potato	245 cal
● Mozzarella Cheese Stick	80 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
● WG Toast	90 cal
● Orange Wedges	76 cal
● Golden Delicious Apple	75 cal
● Mixed Berry Fruit Cup	90 cal
● Banana, fresh	146 cal
● Fresh Apple Slices	30 cal

16	
● Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon)	384 cal
● Mozzarella Cheese Stick	80 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

19	
● Eggs, Bacon & Toast Platter	230 cal
● Mozzarella Cheese Stick	80 cal
● Banana Sliced Bread	260 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	150 cal
● Trix Cereal Bar 1.42 oz	150 cal
● WG Toast	90 cal
● Blueberry Muffin Top	250 cal
● Peach Cup	90 cal
● Strawberry Cup	80 cal
● Mixed Berry Fruit Cup	90 cal

20	
● Mozzarella Cheese Bites, 3 each	340 cal
● Mozzarella Cheese Stick	80 cal
● WG Toast	90 cal
● Rice Chex Gluten Free Bowl 1 oz	110 cal
● Peach Cup	90 cal
● Strawberry Cup	80 cal

21	
● Pancake Bites	250 cal
● Mozzarella Cheese Stick	80 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
● WG Toast	90 cal
● Pineapple, Wedges Frozen	30 cal
● Orange Wedges	76 cal
● Apple Juice	60 cal
● Fruit Juice Blend	60 cal
● Banana, fresh	146 cal

22	
● Power Box with Crackers (no yogurt)	242 cal
● Mozzarella Cheese Stick	80 cal
● Cheerios Gluten Free Bowl 1 oz	101 cal
● Apple Juice	60 cal
● Fruit Juice Blend	60 cal
● Peach Cup	90 cal

23	
● Swirl Raspberry	110 cal
● Buttermilk Pancakes, 2 ea	180 cal
● Golden Delicious Apple	75 cal
● Mixed Berry Fruit Cup	90 cal
● Orange Wedges	76 cal

26	
● Banana Sliced Bread	260 cal
● Cereal Blueberry Chex Bowl 1 oz	111 cal
● Frosted Corn Flakes Bowl 1 oz	111 cal
● Trix Cereal Bowl 1 oz	110 cal
● Apple Juice	60 cal
● Fruit Juice Blend	60 cal
● Applesauce, Birthday Cake 4.5 oz	70 cal

27	
● Mozzarella Cheese Bites, 3 each	340 cal
● Mozzarella Cheese Stick	80 cal
● 2 Mozzarella Cheese Bites with Marinara Sauce	267 cal
● WG Toast	90 cal
● Strawberry Cup	80 cal
● Pineapple, Wedges Frozen	30 cal

28	
● Scrambled Eggs with Cheese & Tater Tots Platter	245 cal
● Pancake Bites	250 cal
● Mozzarella Cheese Stick	80 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
● WG Toast	90 cal
● Nutrigrain Bar, Strawberry	150 cal
● Trix Cereal Bar 1.42 oz	150 cal
● WG Toast	90 cal
● Apple Juice	60 cal
● Fruit Juice Blend	60 cal
● Orange Wedges	76 cal
● Golden Delicious Apple	75 cal
● Fresh Apple Slices	30 cal
● Banana, fresh	146 cal

29	
● Stuffed Hashbrown Potato	245 cal
● Mozzarella Cheese Stick	80 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
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● Trix Cereal Bar 1.42 oz	150 cal
● Nutrigrain Bar, Strawberry	150 cal
● WG Toast	90 cal
● Banana, fresh	146 cal
● Pineapple, Wedges Frozen	30 cal
● Orange Wedges	76 cal

30	
● Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon)	384 cal
● Mozzarella Cheese Stick	80 cal
● Scrambled Eggs and Toast	169 cal
● Sweet Potato Swirl	140 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	150 cal
● Trix Cereal Bar 1.42 oz	150 cal
● WG Toast	90 cal
● Fruit Juice Blend	60 cal
● Apple Juice	60 cal
● Fresh Tangerine	40 cal
● Fresh Apple Slices	30 cal

Served every day
Assorted Milk