

BREAKFAST

OCTOBER 2026

Monday

Tuesday

Wednesday

Thursday

Friday

5
EGGS, BACON & TOAST PLATTER 230 cal Mozzarella Cheese 80 cal Stick Cereal Blueberry Chex Bowl 1 oz 111 cal Frosted Corn Flakes 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 80 cal Strawberry Cup 80 cal Mixed Berry Fruit Cup 90 cal

6
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 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 80 cal Strawberry Cup 80 cal Mixed Berry Fruit Cup 90 cal

7
PANCAKE BITES 250 cal Mozzarella Cheese 80 cal Stick Cereal Blueberry Chex Bowl 1 oz 111 cal Frosted Corn Flakes 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 30 cal Orange Wedges 76 cal

8
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 111 cal Bowl 1 oz 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 Oatmeal 190 cal Sweet Potato Swirl 138 cal Cereal Blueberry Chex Bowl 1 oz 111 cal Frosted Corn Flakes 111 cal Bowl 1 oz 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 75 cal Apple 60 cal Mixed Berry Fruit Cup 90 cal Fresh Apple Slices 30 cal

12
No menu published

13
MOZZARELLA CHEESE BITES, 2 EACH 227 cal Frosted Corn Flakes 110 cal Bowl 1 oz WG Toast 90 cal Diced Peach Cup 70 cal Apple Juice 60 cal Applesauce 4.5 oz 60 cal 2 Mozzarella Cheese Bites with Marinara Sauce 267 cal Peach Cup 90 cal

14
SCRAMBLED EGGS WITH CHEESE & TATER TOTS PLATTER 245 cal Frosted Corn Flakes 110 cal Bowl 1 oz Trix Cereal Bowl 1 oz 110 cal WG Toast 90 cal Apple Juice 60 cal Fresh Apple Slices 30 cal Pineapple, Wedges 30 cal Frozen

15
STUFFED HASHBROWN POTATO 245 cal Trix Cereal Bowl 1 oz 110 cal Rice Chex Gluten Free Bowl 1 oz 110 cal WG Toast 90 cal Golden Delicious 75 cal Apple 60 cal Banana, fresh 146 cal

16
PACOS, (PANCAKES TACOS, EGGS, CHEESE AND BACON) 384 cal Frosted Corn Flakes 110 cal Bowl 1 oz Trix Cereal Bowl 1 oz 110 cal WG Toast 90 cal Fruit Juice Blend 60 cal Fresh Apple Slices 30 cal Scramble Eggs and Toast 169 cal Applesauce 4.5 oz 60 cal

19
EGGS, BACON & TOAST PLATTER 230 cal Mozzarella Cheese 80 cal Stick Banana Sliced Bread 260 cal Frosted Corn Flakes 110 cal Bowl 1 oz Trix Cereal Bowl 1 oz 110 cal Nutrigrain Bar, Strawberry 150 cal WG Toast 90 cal Peach Cup 90 cal Strawberry Cup 80 cal Blueberry Muffin Top 250 cal

20
MOZZARELLA CHEESE BITES, 3 EACH 340 cal Mozzarella Cheese 80 cal Stick WG Double Chocolate Muffin 200 cal Cereal Blueberry Chex Bowl 1 oz 120 cal Frosted Corn Flakes 110 cal Bowl 1 oz Trix Cereal Bowl 1 oz 110 cal Rice Chex Gluten Free Bowl 1 oz 110 cal Nutrigrain Bar, Strawberry 150 cal Trix Cereal Bar 1.42 oz 150 cal WG Toast 90 cal Apple Juice 60 cal Applesauce, Birthday Cake 4.5 oz 70 cal Applesauce, Peach 4.5 oz 60 cal Applesauce, Blue Razzleberry 4.5 oz 50 cal

21
PANCAKE BITES 250 cal Mozzarella Cheese 80 cal Stick Trix Cereal Bowl 1 oz 110 cal Nutrigrain Bar, Strawberry 150 cal Trix Cereal Bar 1.42 oz 150 cal Banana, fresh 146 cal Pineapple, Wedges 30 cal Orange Wedges 76 cal

22
POWER BOX WITH CRACKERS (NO YOGURT) 242 cal Mozzarella Cheese 80 cal Stick Blueberry Muffin Top 250 cal Nutrigrain Bar, Strawberry 150 cal WG Toast 90 cal Apple Juice 60 cal Fruit Juice Blend 60 cal Peach Cup 90 cal Cheerios Gluten Free Bowl 1 oz 101 cal Strawberry Cup 80 cal

23
MOZZARELLA CHEESE STICK 80 cal Swirl Raspberry 110 cal Cereal Blueberry Chex Bowl 1 oz 120 cal Frosted Corn Flakes 110 cal Bowl 1 oz Trix Cereal Bowl 1 oz 110 cal Rice Chex Gluten Free Bowl 1 oz 110 cal Orange Wedges 76 cal Golden Delicious 75 cal Apple 60 cal Mixed Berry Fruit Cup 90 cal Buttermilk Pancakes, 2 ea 180 cal Applesauce 4.5 oz 60 cal

26
MOZZARELLA CHEESE STICK 80 cal Banana Sliced Bread 260 cal Cereal Blueberry Chex Bowl 1 oz 120 cal Frosted Corn Flakes 110 cal Bowl 1 oz 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 Apple Juice 60 cal Fruit Juice Blend 60 cal Applesauce, Birthday Cake 4.5 oz 70 cal Applesauce, Peach 4.5 oz 60 cal Applesauce, Blue Razzleberry 4.5 oz 50 cal

27
MOZZARELLA CHEESE BITES, 3 EACH 340 cal Mozzarella Cheese 80 cal Stick WG Double Chocolate Muffin 200 cal Cereal Blueberry Chex Bowl 1 oz 120 cal Frosted Corn Flakes 110 cal Bowl 1 oz Trix Cereal Bowl 1 oz 110 cal Rice Chex Gluten Free Bowl 1 oz 110 cal Nutrigrain Bar, Strawberry 150 cal Trix Cereal Bar 1.42 oz 150 cal WG Toast 90 cal Apple Juice 60 cal Strawberry Cup 80 cal Pineapple, Wedges 30 cal Frozen 2 Mozzarella Cheese Bites with Marinara Sauce 267 cal

28
SCRAMBLED EGGS WITH CHEESE & TATER TOTS PLATTER 245 cal Pancake Bites 250 cal Mozzarella Cheese 80 cal Stick Cereal Blueberry Chex Bowl 1 oz 120 cal Frosted Corn Flakes 110 cal Bowl 1 oz Trix Cereal Bowl 1 oz 110 cal Rice Chex Gluten Free Bowl 1 oz 110 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 75 cal Fresh Apple Slices 30 cal Banana, fresh 146 cal

29
STUFFED HASHBROWN POTATO 245 cal Mozzarella Cheese 80 cal Stick Blueberry Muffin Top 250 cal Cereal Blueberry Chex Bowl 1 oz 120 cal Frosted Corn Flakes 110 cal Bowl 1 oz Trix Cereal Bowl 1 oz 110 cal Rice Chex Gluten Free Bowl 1 oz 110 cal Trix Cereal Bar 1.42 oz 150 cal Nutrigrain Bar, Strawberry 150 cal WG Toast 90 cal Banana, fresh 146 cal Pineapple, Wedges 30 cal Frozen Orange Wedges 76 cal

30
PACOS, (PANCAKES TACOS, EGGS, CHEESE AND BACON) 384 cal Mozzarella Cheese 80 cal Stick Sweet Potato Swirl 140 cal Cereal Blueberry Chex Bowl 1 oz 120 cal Frosted Corn Flakes 110 cal Bowl 1 oz 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 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.

Menu Item