

SNACK OCTOBER 2026

Rock Lake Elementary School

Orange County Public Schools

Monday	Tuesday	Wednesday	Thursday	Friday
			1 MOZZARELLA CHEESE STICK 80 cal Snack Mix, Cheddar Chex 110 cal	2 CHOCOLATE NO NUT BUTTER CUP 320 cal Peanut Butter cup 185 cal Savory Cracker, WG 180 cal Orange Juice 60 cal
5 BREAKFAST EGG BOX 270 cal Chocolate No Nut Butter Cup 324 cal Cheddar Goldfish Crackers 100 cal Assorted Milk 110 cal	6 VANILLA YOGURT CUP 90 cal Strawberry Yogurt Cup 90 cal Cracker, Sweet Educationa 130 cal	7 CHOCOLATE NO NUT BUTTER CUP 324 cal Snack Mix, Cheddar Chex 110 cal Apple Juice 90 cal Assorted Milk 110 cal	8 MOZZARELLA CHEESE STICK 80 cal Bear Grahams 122 cal Assorted Milk 110 cal	9 CHOCOLATE NO NUT BUTTER CUP 324 cal Savory Cracker, WG 180 cal Orange Juice 60 cal Assorted Milk 110 cal
12 No menu published	13 VANILLA YOGURT CUP 90 cal Strawberry Yogurt Cup 90 cal Bear Grahams 120 cal Assorted Milk 110 cal	14 PEANUT BUTTER CUP 185 cal Chocolate No Nut Butter Cup 320 cal Savory Cracker, WG 180 cal Orange Juice 60 cal	15 SCOOBY DOO GRAHAMS 132 cal Assorted Milk 110 cal	16 CHEDDAR CUBES 90 cal Vanilla Yogurt Cup 90 cal Strawberry Yogurt Cup 90 cal Chocolate No Nut Butter Cup 324 cal Goldfish Pretzels 90 cal
19 CHOCOLATE NO NUT BUTTER CUP 324 cal Cheddar Goldfish Crackers 100 cal Bear Grahams 120 cal Assorted Milk 110 cal	20 VANILLA YOGURT CUP 90 cal Strawberry Yogurt Cup 90 cal Cheddar Goldfish Crackers 100 cal	21 CHOCOLATE NO NUT BUTTER CUP 324 cal Snack Mix, Cheddar Chex 110 cal Scooby Doo Grahams 132 cal Apple Juice 60 cal Assorted Milk 110 cal	22 CHEDDAR CUBES 90 cal Cracker, Sweet Educationa 130 cal Assorted Milk 110 cal	23 CHOCOLATE NO NUT BUTTER CUP 320 cal Peanut Butter cup 185 cal Savory Cracker, WG 180 cal Mango Splash Vegetable Juice 60 cal
26 CHOCOLATE NO NUT BUTTER CUP 324 cal Cheez IT Crackers 100 cal Assorted Milk 110 cal	27 MOZZARELLA CHEESE STICK 80 cal Snack Mix, Cheddar Chex 110 cal Assorted Milk 110 cal	28 CHOCOLATE NO NUT BUTTER CUP 324 cal Bear Grahams 120 cal Applesauce, Strawberry 4.5 oz 50 cal Applesauce 4.5 oz 60 cal Assorted Milk 110 cal	29 CHEDDAR CUBES 90 cal Goldfish Pretzels 90 cal Assorted Milk 110 cal	30 CHOCOLATE NO NUT BUTTER CUP 320 cal Peanut Butter cup 185 cal Savory Cracker, WG 180 cal Scooby Doo Grahams 132 cal Strawberry Kiwi Juice 60 cal

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.