

BREAKFAST

OCTOBER 2026

Silver Pines Academy K-12 Learning Cntr

Orange County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

			1 SCRAMBLED EGGS WITH CHEESE & TATER TOTS PLATTER 211 cal - Rice Chex Gluten Free Bowl 1 oz 110 cal - Cinnamon Toast Crunch Bowl 1 oz 120 cal - Cocoa Puffs Bowl 1 oz 120 cal - Trix Cereal Bowl 1 oz 110 cal - Apple Juice 60 cal - Dried Cranberries 110 cal - Strawberry Kiwi Juice 60 cal	2 PACOS, (PANCAKES TACOS, EGGS, CHEESE AND BACON) 417 cal - Cinnamon Toast Crunch Bowl 1 oz 120 cal - Cocoa Puffs Bowl 1 oz 120 cal - Trix Cereal Bowl 1 oz 110 cal - Golden Delicious Apple 75 cal - Applesauce, Strawberry 4.5 oz 50 cal
5 EGGS, BACON & TOAST PLATTER 230 cal	6 MOZZARELLA CHEESE BITES, 3 EACH 340 cal	7 PANCAKE BITES 250 cal	8 POWER BOX WITH CRACKERS (NO YOGURT) 242 cal - Apple Juice 60 cal - Fruit Juice Blend 60 cal	9 SWEET POTATO SWIRL 138 cal
12 No menu published	13 MOZZARELLA CHEESE BITES, 3 EACH 340 cal - Cheddar Cubes 90 cal - Trix Cereal Bowl 1 oz 110 cal - Rice Chex Gluten Free Bowl 1 oz 110 cal - Cocoa Puffs Bowl 1 oz 120 cal - Cinnamon Toast Crunch R/S Bowl 1 oz 110 cal - Fresh Orange 76 cal - Applesauce 4.5 oz 60 cal	14 SCRAMBLED EGGS WITH CHEESE & TATER TOTS PLATTER 245 cal - Cheddar Cubes 90 cal - Trix Cereal Bowl 1 oz 110 cal - Rice Chex Gluten Free Bowl 1 oz 110 cal - Cinnamon Toast Crunch Bowl RS, 1 oz 110 cal - Cocoa Puffs Bowl 1 oz 120 cal - Apple Juice 60 cal - Fruit Juice Blend 60 cal	15 STUFFED HASHBROWN POTATO 245 cal Colby Cheese Stick 90 cal	16 PACOS, (PANCAKES TACOS, EGGS, CHEESE AND BACON) 384 cal - Fruit Juice Blend 60 cal - Apple Juice 60 cal
19 EGGS, BACON & TOAST PLATTER 230 cal	20 MOZZARELLA CHEESE BITES, 3 EACH 340 cal	21 PANCAKE BITES 250 cal	22 POWER BOX WITH CRACKERS (NO YOGURT) 242 cal - Apple Juice 60 cal - Fruit Juice Blend 60 cal	23 SWEET POTATO SWIRL 140 cal
26 BANANA SLICED BREAD 260 cal - Apple Juice 60 cal - Fruit Juice Blend 60 cal	27 MOZZARELLA CHEESE BITES, 3 EACH 340 cal	28 SCRAMBLED EGGS WITH CHEESE & TATER TOTS PLATTER 245 cal - Apple Juice 60 cal - Fruit Juice Blend 60 cal	29 STUFFED HASHBROWN POTATO 245 cal	30 PACOS, (PANCAKES TACOS, EGGS, CHEESE AND BACON) 384 cal - Fruit Juice Blend 60 cal - Apple Juice 60 cal

Served every day:

Mozzarella Cheese Stick · Assorted Milk

Menu data from Orange County Public Schools, drawn by myschoolmenu.net. Menu subject to change. Calories are per serving, as Orange County Public Schools publishes them.