

BREAKFAST

OCTOBER 2026

Southwood Elementary School

Orange County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

★1

- SCRAMBLED EGGS WITH CHEESE & TATER TOTS PLATTER 211 cal
- Trix Cereal Bowl 1 oz 110 cal
- Apple Juice 60 cal
- Fruit Juice Blend 60 cal
- Assorted Milk 110 cal

★2

- CINNAMON TOAST CRUNCH BOWL 1 OZ 120 cal
- Cocoa Puffs Bowl 1 oz 120 cal
- Golden Delicious 75 cal
- Apple
- Applesauce, Strawberry 4.5 oz 50 cal
- Assorted Milk 110 cal

★5

- EGGS, BACON & TOAST PLATTER 230 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
- Peach Cup 90 cal
- Strawberry Cup 80 cal
- Mixed Berry Fruit Cup 90 cal
- Assorted Milk 110 cal

★6

- MOZZARELLA CHEESE BITES, 3 EACH 340 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
- Peach Cup 90 cal
- Strawberry Cup 80 cal
- Mixed Berry Fruit Cup 90 cal
- Assorted Milk 110 cal

★7

- PANCAKE BITES 250 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
- Assorted Milk 110 cal

★8

- POWER BOX WITH CRACKERS (NO YOGURT) 242 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
- Assorted Milk 110 cal

★9

- 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 75 cal
- Apple
- Mixed Berry Fruit Cup 90 cal
- Assorted Milk 110 cal

★12

No menu published

★13

- MOZZARELLA CHEESE BITES, 3 EACH 340 cal
- Cereal Blueberry Chex Bowl 1 oz 120 cal
- Cinnamon Toast Crunch Bowl RS, 1 oz 110 cal
- Cinnamon Toast Cereal Bar 1.4 oz 150 cal
- Assorted Milk 110 cal

★14

- SCRAMBLED EGGS WITH CHEESE & TATER TOTS PLATTER 245 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
- Nutrigrain Bar, Strawberry 150 cal
- Apple Juice 60 cal
- Fruit Juice Blend 60 cal

★15

- FROSTED CORN FLAKES BOWL 1 OZ 110 cal
- Golden Delicious 75 cal
- Apple
- Mixed Berry Fruit Cup 90 cal

★16

- PACOS, (PANCAKES TACOS, EGGS, CHEESE AND BACON) 384 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
- Nutrigrain Bar, Strawberry 150 cal
- Fruit Juice Blend 60 cal
- Fresh Apple Slices 30 cal

★19

- TRIX CEREAL BAR 1.42 OZ 150 cal
- Cinnamon Toast Crunch R/S Bowl 1 oz 110 cal
- Peach Cup 90 cal
- Strawberry Cup 80 cal

★20

- NUTRIGRAIN BAR, STRAWBERRY 150 cal
- Cinnamon Toast Crunch R/S Bowl 1 oz 110 cal
- Peach Cup 90 cal
- Strawberry Cup 80 cal

★21

- PANCAKE BITES 250 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
- Nutrigrain Bar, Strawberry 150 cal
- Banana, fresh 146 cal
- Pineapple, Wedges Frozen 30 cal

★22

- FROSTED CORN FLAKES BOWL 1 OZ 110 cal
- Nutrigrain Bar, Strawberry 150 cal
- Apple Juice 60 cal
- Strawberry Cup 80 cal

★23

- SWIRL RASPBERRY 130 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
- Nutrigrain Bar, Strawberry 150 cal
- Golden Delicious 75 cal
- Apple
- Mixed Berry Fruit Cup 90 cal

★26

- BANANA SLICED BREAD 260 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
- Nutrigrain Bar, Strawberry 150 cal
- Apple Juice 60 cal
- Applesauce, Sour Cherry 4.5 oz 70 cal

★27

- MOZZARELLA CHEESE BITES, 3 EACH 340 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
- Peach Cup 90 cal
- Pineapple, Wedges Frozen 30 cal

★28

- SCRAMBLED EGGS WITH CHEESE & TATER TOTS PLATTER 245 cal
- Cinnamon Toast Crunch R/S Bowl 1 oz 110 cal
- Apple Juice 60 cal
- Fresh Apple Slices 30 cal

★29

- FROSTED CORN FLAKES BOWL 1 OZ 110 cal
- Cinnamon Toast Crunch Bowl RS, 1 oz 110 cal
- Banana, fresh 146 cal
- Pineapple, Wedges Frozen 30 cal

★30

- PACOS, (PANCAKES TACOS, EGGS, CHEESE AND BACON) 384 cal
- Fruit Juice Blend 60 cal
- Fresh Apple Slices 30 cal

Served every day:

- Mozzarella Cheese Stick

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.