

BREAKFAST

OCTOBER 2026

Sunridge Elementary School

Orange County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

5

- EGGS, BACON & TOAST PLATTER** 230 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
 - Nutrigrain Bar, Strawberry 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
 - Blueberry Muffin Top 250 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
 - Rice Chex Gluten Free Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 160 cal
 - WG Toast 90 cal
 - Peach Cup 90 cal
 - Strawberry Cup 80 cal
 - Mixed Berry Fruit Cup 90 cal
 - Banana Sliced Bread 260 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
 - Nutrigrain Bar, Strawberry 160 cal
 - WG Toast 90 cal
 - Banana, fresh 146 cal
 - Pineapple, Wedges Frozen 30 cal
 - Orange Wedges 76 cal

1

- BLUEBERRY MUFFIN TOP** 250 cal
- Cinnamon Toast Crunch Bowl 1 oz 120 cal
 - Cocoa Puffs Bowl 1 oz 120 cal

2

- SWEET POTATO SWIRL** 138 cal
- Cinnamon Toast Crunch Bowl 1 oz 120 cal
 - Cocoa Puffs Bowl 1 oz 120 cal
 - Nutrigrain Bar, Strawberry 160 cal
 - Orange Wedges 76 cal
 - Golden Delicious Apple 75 cal

12

No menu published

13

- WG DOUBLE CHOCOLATE MUFFIN** 200 cal
- Cinnamon Toast Crunch R/S Bowl 1 oz 110 cal
 - Peach Cup 90 cal
 - Strawberry Cup 80 cal

14

- PANCAKE BITES** 250 cal
- Rice Chex Gluten Free Bowl 1 oz 110 cal
 - Cinnamon Toast Crunch Bowl R/S, 1 oz 110 cal
 - Cocoa Puffs Bowl 1 oz 120 cal
 - Apple Juice 60 cal
 - Fruit Juice Blend 60 cal
 - Fresh Apple Slices 30 cal

15

- BLUEBERRY MUFFIN TOP** 250 cal
- Rice Chex Gluten Free Bowl 1 oz 110 cal
 - Cocoa Puffs Bowl 1 oz 120 cal
 - Golden Delicious Apple 75 cal
 - Mixed Berry Fruit Cup 90 cal

16

- SWEET POTATO SWIRL** 140 cal
- Cocoa Puffs Bowl 1 oz 120 cal
 - Cinnamon Toast Crunch R/S Bowl 1 oz 110 cal
 - Fruit Juice Blend 60 cal
 - Apple Juice 60 cal
 - Fresh Tangerine 40 cal

19

- BANANA SLICED BREAD** 260 cal
- Rice Chex Gluten Free Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 150 cal
 - Cinnamon Toast Crunch R/S Bowl 1 oz 110 cal
 - Cocoa Puffs Bowl 1 oz 120 cal
 - Peach Cup 90 cal
 - Mixed Berry Fruit Cup 90 cal

20

- WG DOUBLE CHOCOLATE MUFFIN** 200 cal
- Nutrigrain Bar, Strawberry 150 cal
 - Cocoa Puffs Bowl 1 oz 120 cal
 - Cinnamon Toast Crunch R/S Bowl 1 oz 110 cal
 - Peach Cup 90 cal
 - Mixed Berry Fruit Cup 90 cal

21

- PANCAKE BITES** 250 cal
- Rice Chex Gluten Free Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 150 cal
 - Cocoa Puffs Bowl 1 oz 120 cal
 - Cinnamon Toast Crunch R/S Bowl 1 oz 110 cal
 - Banana, fresh 146 cal
 - Orange Wedges 76 cal

22

- BLUEBERRY MUFFIN TOP** 250 cal
- Rice Chex Gluten Free Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 150 cal
 - Cocoa Puffs Bowl 1 oz 120 cal
 - Cinnamon Toast Crunch R/S Bowl 1 oz 110 cal
 - Apple Juice 60 cal
 - Fruit Juice Blend 60 cal
 - Mixed Berry Fruit Cup 90 cal

23

- SWIRL RASPBERRY** 130 cal
- Sweet Potato Swirl 140 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
 - Orange Wedges 76 cal
 - Mixed Berry Fruit Cup 90 cal

26

- BANANA SLICED BREAD** 260 cal
- Rice Chex Gluten Free Bowl 1 oz 110 cal
 - Cinnamon Toast Crunch R/S Bowl 1 oz 110 cal
 - Cocoa Puffs Bowl 1 oz 120 cal
 - Apple Juice 60 cal
 - Fruit Juice Blend 60 cal
 - Applesauce, Birthday Cake 4.5 oz 70 cal

27

- WG DOUBLE CHOCOLATE MUFFIN** 200 cal
- Rice Chex Gluten Free Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 150 cal
 - Peach Cup 90 cal
 - Strawberry Cup 80 cal

28

- PANCAKE BITES** 250 cal
- Rice Chex Gluten Free Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 150 cal
 - Cinnamon Toast Crunch R/S Bowl 1 oz 110 cal
 - Cocoa Puffs Bowl 1 oz 120 cal
 - Apple Juice 60 cal
 - Fruit Juice Blend 60 cal
 - Golden Delicious Apple 75 cal

29

- BLUEBERRY MUFFIN TOP** 250 cal
- Rice Chex Gluten Free Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 150 cal
 - Cocoa Puffs Bowl 1 oz 120 cal
 - Cinnamon Toast Crunch R/S Bowl 1 oz 110 cal
 - Pineapple, Wedges Frozen 30 cal
 - Orange Wedges 76 cal

30

- SWEET POTATO SWIRL** 140 cal
- Rice Chex Gluten Free Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 150 cal
 - Cinnamon Toast Crunch R/S Bowl 1 oz 110 cal
 - Cocoa Puffs Bowl 1 oz 120 cal
 - Fruit Juice Blend 60 cal
 - Apple Juice 60 cal
 - Fresh Tangerine 40 cal

Served every day:

• Mozzarella Cheese Stick • Trix Cereal Bowl 1 oz • Assorted Milk • Trix Cereal Bar 1.42 oz

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.

MenuViewer