

BREAKFAST

OCTOBER 2026

Tangelo Park 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
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
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
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
Banana Sliced Bread	260 cal

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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

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

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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 Apple	75 cal
Mixed Berry Fruit Cup	90 cal
Oatmeal	190 cal
Fresh Apple Slices	30 cal

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No menu published	
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13

MOZZARELLA CHEESE BITES, 3 EACH	340 cal
Rice Chex Gluten Free Bowl 1 oz	110 cal
Applesauce, Strawberry 4.5 oz	50 cal
2 Mozzarella Cheese Bites with Marinara Sauce	267 cal

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SCRAMBLED EGGS WITH CHEESE & TATER TOTS PLATTER	245 cal
Trix Cereal Bar 1.42 oz	150 cal
Cocoa Puffs Bowl 1 oz	120 cal
Apple Juice	60 cal
Orange Wedges	76 cal

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STUFFED HASHBROWN POTATO	245 cal
Rice Chex Gluten Free Bowl 1 oz	110 cal
Golden Delicious Apple	75 cal
Applesauce, Blue Razzleberry 4.5 oz	50 cal
Fresh Apple Slices	30 cal

16

PACOS, (PANCAKES TACOS, EGGS, CHEESE AND BACON)	384 cal
Trix Cereal Bar 1.42 oz	150 cal
Cheerios Gluten Free Bowl 1 oz	101 cal
Apple Juice	60 cal
Applesauce 4.5 oz	60 cal
Scramble Eggs and Toast	169 cal

19

TRIX CEREAL BOWL 1 OZ	110 cal
Trix Cereal Bar 1.42 oz	150 cal
Blueberry Muffin Top	250 cal
Fresh Apple Slices	30 cal
Applesauce, Peach 4.5 oz	60 cal

20

WG DOUBLE CHOCOLATE MUFFIN	200 cal
Trix Cereal Bowl 1 oz	110 cal
Peach Cup	90 cal
Mixed Berry Fruit Cup	90 cal
Rice Chex Gluten Free Bowl 1 oz	110 cal
Strawberry Cup	80 cal

21

PANCAKE BITES	250 cal
Frosted Corn Flakes Bowl 1 oz	110 cal
Banana, fresh	146 cal
Orange Wedges	76 cal

22

BLUEBERRY MUFFIN TOP	250 cal
Frosted Corn Flakes Bowl 1 oz	110 cal
Trix Cereal Bowl 1 oz	110 cal
Apple Juice	60 cal
Strawberry Cup	80 cal
Cheerios Gluten Free Bowl 1 oz	101 cal

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SWEET POTATO SWIRL	140 cal
Cereal Blueberry Chex Bowl 1 oz	120 cal
Orange Wedges	76 cal
Golden Delicious Apple	75 cal
Mixed Berry Fruit Cup	90 cal
Pancake Bites	250 cal
Applesauce, Blue Razzleberry 4.5 oz	50 cal

26

BANANA SLICED BREAD	260 cal
Cereal Blueberry Chex Bowl 1 oz	120 cal
Trix Cereal Bar 1.42 oz	150 cal
Apple Juice	60 cal
Applesauce, Peach 4.5 oz	60 cal
Applesauce, Sour Cherry 4.5 oz	70 cal

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WG DOUBLE CHOCOLATE MUFFIN	200 cal
Frosted Corn Flakes Bowl 1 oz	110 cal
Peach Cup	90 cal
Pineapple, Wedges Frozen	30 cal
2 Mozzarella Cheese Bites with Marinara Sauce	267 cal

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SCRAMBLED EGGS WITH CHEESE & TATER TOTS PLATTER	245 cal
Cereal Blueberry Chex Bowl 1 oz	120 cal
Trix Cereal Bar 1.42 oz	150 cal
Apple Juice	60 cal
Fresh Apple Slices	30 cal

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STUFFED HASHBROWN POTATO	245 cal
Frosted Corn Flakes Bowl 1 oz	110 cal
Banana, fresh	146 cal
Orange Wedges	76 cal

30

SWEET POTATO SWIRL	140 cal
Frosted Corn Flakes Bowl 1 oz	110 cal
Fresh Tangerine	40 cal
Fresh Apple Slices	30 cal
Scramble Eggs and Toast	169 cal

Served every day: Mozzarella Cheese Stick 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.

MenuViewer