

BREAKFAST

OCTOBER 2026

Three Points Elementary School

Orange County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

5

EGGS, BACON & TOAST PLATTER	230 cal
Mozzarella Cheese Stick	80 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
Mozzarella Cheese Stick	80 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

7

PANCAKE BITES	250 cal
Mozzarella Cheese Stick	80 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
Mozzarella Cheese Stick	80 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

9

MOZZARELLA CHEESE STICK	80 cal
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

12

No menu published

13

MOZZARELLA CHEESE BITES, 3 EACH	340 cal
Cheddar Cubes	90 cal
Mozzarella Cheese Bites, 2 each	227 cal
Cereal Blueberry Chex Bowl 1 oz	120 cal
Trix Cereal Bowl 1 oz	110 cal
Rice Chex Gluten Free Bowl 1 oz	110 cal
Trix Cereal Bar 1.42 oz	150 cal
Cinnamon Toast Crunch Bowl RS, 1 oz	110 cal
Cocoa Puffs Bowl 1 oz	120 cal
Peach Cup	90 cal
Applesauce, Strawberry 4.5 oz	50 cal
Applesauce, Sour Cherry 4.5 oz	70 cal
Dried Cranberries	110 cal

14

SCRAMBLED EGGS WITH CHEESE & TATER TOTS PLATTER	245 cal
Pancake Bites	250 cal
Mozzarella Cheese Stick	80 cal
Cereal Blueberry Chex Bowl 1 oz	120 cal
Frosted Corn Flakes Bowl 1 oz	110 cal
Trix Cereal Bar 1.42 oz	150 cal
Cinnamon Toast Crunch Bowl RS, 1 oz	110 cal
Cocoa Puffs Bowl 1 oz	120 cal
Fruit Juice Blend	60 cal
Apple Juice	50 cal
Fresh Orange	62 cal

15

STUFFED HASHBROWN POTATO	245 cal
Mozzarella Cheese Stick	80 cal
Blueberry Muffin Top	250 cal
Frosted Corn Flakes Bowl 1 oz	110 cal
Trix Cereal Bowl 1 oz	110 cal
Golden Delicious Apple	75 cal
Mixed Berry Fruit Cup	90 cal
Fresh Apple Slices	30 cal
Banana, fresh	146 cal

16

PACOS, (PANCAKES TACOS, EGGS, CHEESE AND BACON)	384 cal
Mozzarella Cheese Stick	80 cal
Sweet Potato Swirl	140 cal
Cereal Blueberry Chex Bowl 1 oz	120 cal
Frosted Corn Flakes Bowl 1 oz	110 cal
Rice Chex Gluten Free Bowl 1 oz	110 cal
Trix Cereal Bowl 1 oz	110 cal
Apple Juice	60 cal
Fresh Apple Slices	30 cal
Scramble Eggs and Toast	169 cal
Applesauce 4.5 oz	60 cal

19

EGGS, BACON & TOAST PLATTER	230 cal
Mozzarella Cheese Stick	80 cal
Banana Sliced Bread	260 cal
Cereal Blueberry Chex Bowl 1 oz	120 cal
Frosted Corn Flakes Bowl 1 oz	110 cal
Rice Chex Gluten Free Bowl 1 oz	110 cal
Trix Cereal Bowl 1 oz	110 cal
Trix Cereal Bar 1.42 oz	150 cal
Applesauce, Blue Razzleberry 4.5 oz	50 cal
Peach Cup	90 cal
Blueberry Muffin Top	250 cal

20

MOZZARELLA CHEESE BITES, 3 EACH	340 cal
Mozzarella Cheese Stick	80 cal
WG Double Chocolate Muffin	200 cal
Cereal Blueberry Chex Bowl 1 oz	120 cal
Frosted Corn Flakes Bowl 1 oz	110 cal
Strawberry Cup	80 cal
Apple Juice	60 cal
Rice Chex Gluten Free Bowl 1 oz	110 cal

21

PANCAKE BITES	250 cal
Mozzarella Cheese Stick	80 cal
Cereal Blueberry Chex Bowl 1 oz	120 cal
Frosted Corn Flakes Bowl 1 oz	110 cal
Rice Chex Gluten Free Bowl 1 oz	110 cal
Trix Cereal Bowl 1 oz	110 cal
Trix Cereal Bar 1.42 oz	150 cal
Pineapple, Wedges Frozen	30 cal
Orange Wedges	76 cal
Applesauce, Strawberry 4.5 oz	50 cal

22

POWER BOX WITH CRACKERS (NO YOGURT)	242 cal
Mozzarella Cheese Stick	80 cal
Blueberry Muffin Top	250 cal
Cereal Blueberry Chex Bowl 1 oz	120 cal
Frosted Corn Flakes Bowl 1 oz	110 cal
Trix Cereal Bowl 1 oz	110 cal
Rice Chex Gluten Free Bowl 1 oz	110 cal
Apple Juice	60 cal
Peach Cup	90 cal
Cheerios Gluten Free Bowl 1 oz	101 cal

23

MOZZARELLA CHEESE STICK	80 cal
Swirl Raspberry	130 cal
Sweet Potato Swirl	140 cal
Cereal Blueberry Chex Bowl 1 oz	120 cal
Frosted Corn Flakes Bowl 1 oz	110 cal
Trix Cereal Bowl 1 oz	110 cal
Trix Cereal Bar 1.42 oz	150 cal
Golden Delicious Apple	75 cal
Applesauce 4.5 oz	60 cal
Buttermilk Pancakes, 2 ea	180 cal

26

MOZZARELLA CHEESE STICK	80 cal
Banana Sliced Bread	260 cal
Cereal Blueberry Chex Bowl 1 oz	120 cal
Frosted Corn Flakes Bowl 1 oz	110 cal
Rice Chex Gluten Free Bowl 1 oz	110 cal
Trix Cereal Bowl 1 oz	110 cal
Trix Cereal Bar 1.42 oz	150 cal
Apple Juice	60 cal
Applesauce, Birthday Cake 4.5 oz	70 cal

27

MOZZARELLA CHEESE BITES, 3 EACH	340 cal
Mozzarella Cheese Stick	80 cal
WG Double Chocolate Muffin	200 cal
Cereal Blueberry Chex Bowl 1 oz	120 cal
Frosted Corn Flakes Bowl 1 oz	110 cal
Trix Cereal Bowl 1 oz	110 cal
Peach Cup	90 cal
Fresh Red Apple	77 cal
Applesauce, Strawberry 4.5 oz	50 cal
2 Mozzarella Cheese Bites with Marinara Sauce	267 cal

28

SCRAMBLED EGGS WITH CHEESE & TATER TOTS PLATTER	245 cal
Pancake Bites	250 cal
Mozzarella Cheese Stick	80 cal
Cereal Blueberry Chex Bowl 1 oz	120 cal
Frosted Corn Flakes Bowl 1 oz	110 cal
Trix Cereal Bowl 1 oz	110 cal
Rice Chex Gluten Free Bowl 1 oz	110 cal
Trix Cereal Bar 1.42 oz	150 cal
Fruit Juice Blend	60 cal
Fresh Apple Slices	30 cal
Apple Juice	50 cal

29

STUFFED HASHBROWN POTATO	245 cal
Mozzarella Cheese Stick	80 cal
Blueberry Muffin Top	250 cal
Cereal Blueberry Chex Bowl 1 oz	120 cal
Frosted Corn Flakes Bowl 1 oz	110 cal
Trix Cereal Bowl 1 oz	110 cal
Rice Chex Gluten Free Bowl 1 oz	110 cal
Pineapple, Wedges Frozen	30 cal
Orange Wedges	76 cal
Applesauce, Blue Razzleberry 4.5 oz	50 cal

30

PACOS, (PANCAKES TACOS, EGGS, CHEESE AND BACON)	384 cal
Mozzarella Cheese Stick	80 cal
Sweet Potato Swirl	140 cal
Cereal Blueberry Chex Bowl 1 oz	120 cal
Frosted Corn Flakes Bowl 1 oz	110 cal
Rice Chex Gluten Free Bowl 1 oz	110 cal
Trix Cereal Bowl 1 oz	110 cal
Trix Cereal Bar 1.42 oz	150 cal
Apple Juice	60 cal
Scramble Eggs and Toast	169 cal
Fresh Apple Slices	30 cal

Served every day:
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.

MenuMaster