

BREAKFAST

OCTOBER 2026

University High School

Orange County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

WG DOUBLE CHOCOLATE MUFFIN WITH CHEESE	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
Trix Cereal Bar 1.42 oz	160 cal
Applesauce, Birthday Cake 4.5 oz	70 cal
Applesauce, Sour Cherry 4.5 oz	60 cal
Applesauce, Peach 4.5 oz	60 cal
Applesauce, Blue Razzleberry 4.5 oz	50 cal

EGG & CHEESE BREAKFAST QUESADILLA	378 cal
Yogurt Cup with Granola	224 cal
Strawberry Yogurt Cup w/ Bear Graham	212 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
Trix Cereal Bar 1.42 oz	160 cal
WG Toast	90 cal
Fruit Juice Blend	60 cal
Apple Juice	60 cal
Applesauce 4.5 oz	60 cal
Applesauce, Strawberry 4.5 oz	50 cal

CHICKEN WAFFLES SANDWICH	377 cal
Vanilla Yogurt Cup	90 cal
Strawberry Yogurt Cup	90 cal
Rolls, Cinnamon	302 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
Trix Cereal Bar 1.42 oz	160 cal
WG Toast	90 cal
Tangelos, Fresh	47 cal
Orange Wedges	76 cal

CHICKEN AND CHEESE ON CROISSANT	323 cal
Banana Sliced Bread	260 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
Trix Cereal Bar 1.42 oz	160 cal
WG Toast	90 cal
Fruit Juice Blend	60 cal
Apple Juice	60 cal
Red Delicious Apple	75 cal
Dried Cranberries	110 cal

PACOS, (PANCAKES TACOS, EGGS, CHEESE AND BACON)	417 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
Trix Cereal Bar 1.42 oz	160 cal
WG Toast	90 cal
Orange Wedges	76 cal
Golden Delicious Apple	75 cal

No menu published	
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POWER BOX WITH YOGURT, GRAHAM & CHEESE	332 cal
Egg Patty & Chicken Sausage on Croissant	333 cal
Sunflower Seeds	204 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
Applesauce, Sour Cherry 4.5 oz	70 cal

MOZZARELLA CHEESE BITES, 3 EACH	340 cal
Sandwich, PBJ 2.6 oz	300 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
Applesauce, Sour Cherry 4.5 oz	70 cal
Fresh Tangerine	40 cal

CHICKEN AND EGG BISCUIT	350 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

SWEET POTATO SWIRL	140 cal
Cinnamon Toast Crunch R/S Bowl 1 oz	110 cal
Cocoa Puffs Bowl 1 oz	120 cal
Dried Cranberries	110 cal
Applesauce, Blue Razzleberry 4.5 oz	50 cal

WG DOUBLE CHOCOLATE MUFFIN WITH CHEESE	280 cal
Frosted Corn Flakes Bowl 1 oz	110 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
Applesauce, Birthday Cake 4.5 oz	70 cal
Applesauce, Blue Razzleberry 4.5 oz	50 cal

EGG & CHEESE BREAKFAST QUESADILLA	422 cal
Strawberry Yogurt Cup w/ Bear Graham	210 cal
Frosted Corn Flakes Bowl 1 oz	110 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
Applesauce, Strawberry 4.5 oz	50 cal

CHICKEN WAFFLES SANDWICH	354 cal
Strawberry Yogurt Cup	90 cal
Rolls, Cinnamon	250 cal
Frosted Corn Flakes Bowl 1 oz	110 cal
Rice Chex Gluten Free Bowl 1 oz	110 cal
Trix Cereal Bar 1.42 oz	150 cal
Cocoa Puffs Bowl 1 oz	120 cal
Cinnamon Toast Crunch R/S Bowl 1 oz	110 cal
Orange Wedges	76 cal
Fresh Apple Slices	30 cal

BANANA SLICED BREAD	260 cal
Frosted Corn Flakes Bowl 1 oz	110 cal
Cocoa Puffs Bowl 1 oz	120 cal
Cinnamon Toast Crunch R/S Bowl 1 oz	110 cal
Apple Juice	60 cal
Fresh Apple Slices	30 cal

PACOS, (PANCAKES TACOS, EGGS, CHEESE AND BACON)	384 cal
Frosted Corn Flakes Bowl 1 oz	110 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
Fresh Orange	62 cal

ROLLS, CINNAMON	250 cal
Frosted Corn Flakes Bowl 1 oz	110 cal
Rice Chex Gluten Free Bowl 1 oz	110 cal
Cinnamon Toast Crunch Bowl 1 oz	110 cal
Cocoa Puffs Bowl 1 oz	120 cal
Applesauce, Birthday Cake 4.5 oz	70 cal
Applesauce, Blue Razzleberry 4.5 oz	50 cal

POWER BOX WITH YOGURT, GRANOLA & CHEESE	330 cal
Egg Patty & Chicken Sausage on Croissant	333 cal
Frosted Corn Flakes Bowl 1 oz	110 cal
Applesauce, Birthday Cake 4.5 oz	70 cal
Applesauce, Peach 4.5 oz	60 cal

MOZZARELLA CHEESE BITES, 3 EACH	340 cal
Sandwich, PBJ 2.6 oz	300 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
Nutrigrain Bar, Strawberry	150 cal
Trix Cereal Bar 1.42 oz	150 cal
WG Toast	90 cal
Tangelos, Fresh	47 cal
Banana, fresh	146 cal
Applesauce, Sour Cherry 4.5 oz	70 cal

CHICKEN AND EGG BISCUIT	350 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
Nutrigrain Bar, Strawberry	150 cal
Trix Cereal Bar 1.42 oz	150 cal
Fruit Juice Blend	60 cal
Apple Juice	60 cal
Orange Wedges	76 cal
Golden Delicious Apple	75 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
Nutrigrain Bar, Strawberry	150 cal
Trix Cereal Bar 1.42 oz	150 cal
WG Toast	90 cal
Red Delicious Apple	75 cal
Dried Cranberries	110 cal
Applesauce, Blue Razzleberry 4.5 oz	50 cal

Served every day:
Mozzarella Cheese Stick · Trix Cereal Bowl 1 oz · 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