

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

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

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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

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 Apple 75 cal
- Mixed Berry Fruit Cup 90 cal

12

No menu published

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MOZZARELLA CHEESE BITES, 3 EACH 340 cal

- Mozzarella Cheese Bites, 2 each 227 cal
- Cereal Blueberry Chex Bowl 1 oz 120 cal
- Cheez IT Crackers 100 cal
- Applesauce, Birthday Cake 4.5 oz 70 cal
- Dried Cranberries 110 cal

14

SCRAMBLED EGGS WITH CHEESE & TATER TOTS PLATTER 245 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
- Nutrigrain Bar, Strawberry 150 cal
- Cheerios Gluten Free Bowl 1 oz 101 cal
- Cheez IT Crackers 100 cal
- Apple Juice 60 cal
- Pineapple, Wedges Frozen 30 cal

15

STUFFED HASHBROWN POTATO 245 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
- Cheerios Gluten Free Bowl 1 oz 101 cal
- Cheez IT Crackers 100 cal
- Fresh Apple Slices 30 cal
- Fresh Orange 62 cal

16

PACOS, (PANCAKES TACOS, EGGS, CHEESE AND BACON) 384 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
- Cheerios Gluten Free Bowl 1 oz 101 cal
- Cheez IT Crackers 100 cal
- Fresh Apple Slices 30 cal
- Apple Juice 50 cal

19

EGGS, BACON & TOAST PLATTER 230 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
- Cheez IT Crackers 100 cal
- Cheerios Gluten Free Bowl 1 oz 101 cal
- Peach Cup 90 cal
- Dried Cranberries 110 cal

20

MOZZARELLA CHEESE BITES, 3 EACH 340 cal

- Cereal Blueberry Chex Bowl 1 oz 120 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
- Trix Cereal Bowl 1 oz 110 cal
- Cheez IT Crackers 100 cal
- Cheerios Gluten Free Bowl 1 oz 101 cal
- Apple Juice 50 cal
- Applesauce, Strawberry 4.5 oz 50 cal

21

PANCAKE BITES 250 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
- Nutrigrain Bar, Strawberry 150 cal
- Cheerios Gluten Free Bowl 1 oz 101 cal
- Cheez IT Crackers 100 cal
- Fresh Orange 76 cal
- Dried Cranberries 110 cal

22

POWER BOX WITH CRACKERS (NO YOGURT) 242 cal

- Cereal Blueberry Chex Bowl 1 oz 120 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
- Trix Cereal Bowl 1 oz 110 cal
- Cheez IT Crackers 100 cal
- Apple Juice 60 cal
- Applesauce, Strawberry 4.5 oz 50 cal

23

SWIRL RASPBERRY 130 cal

- Cereal Blueberry Chex Bowl 1 oz 120 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
- Trix Cereal Bowl 1 oz 110 cal
- Nutrigrain Bar, Strawberry 150 cal
- Trix Cereal Bar 1.42 oz 150 cal
- Cheez IT Crackers 100 cal
- Mixed Berry Fruit Cup 90 cal
- Applesauce 4.5 oz 60 cal
- Dried Cranberries 110 cal

26

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
- Cheez IT Crackers 100 cal
- Cheerios Gluten Free Bowl 1 oz 101 cal
- Cinnamon Toast Crunch Bowl RS, 1 oz 110 cal
- Cocoa Puffs Bowl 1 oz 120 cal
- Fruit Juice Blend 60 cal
- Applesauce, Birthday Cake 4.5 oz 70 cal
- Apple Juice 50 cal

27

MOZZARELLA CHEESE BITES, 3 EACH 340 cal

- Cereal Blueberry Chex Bowl 1 oz 120 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
- Trix Cereal Bowl 1 oz 110 cal
- Cheez IT Crackers 100 cal
- Cinnamon Toast Crunch Bowl RS, 1 oz 110 cal
- Cocoa Puffs Bowl 1 oz 120 cal
- Peach Cup 90 cal
- Dried Cranberries 110 cal

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SCRAMBLED EGGS WITH CHEESE & TATER TOTS PLATTER 245 cal

- Cereal Blueberry Chex Bowl 1 oz 120 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
- Trix Cereal Bowl 1 oz 110 cal
- Nutrigrain Bar, Strawberry 150 cal
- Cheez IT Crackers 100 cal
- Cinnamon Toast Crunch Bowl RS, 1 oz 110 cal
- Cocoa Puffs Bowl 1 oz 120 cal
- Fresh Apple Slices 30 cal
- Fruit Juice Blend 60 cal
- Apple Juice 50 cal

29

STUFFED HASHBROWN POTATO 245 cal

- Cereal Blueberry Chex Bowl 1 oz 120 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
- Trix Cereal Bowl 1 oz 110 cal
- Cheez IT Crackers 100 cal
- Cinnamon Toast Crunch Bowl RS, 1 oz 110 cal
- Cocoa Puffs Bowl 1 oz 120 cal
- Pineapple, Wedges Frozen 30 cal
- Dried Cranberries 110 cal

30

PACOS, (PANCAKES TACOS, EGGS, CHEESE AND BACON) 384 cal

- Cereal Blueberry Chex Bowl 1 oz 120 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
- Trix Cereal Bowl 1.42 oz 150 cal
- Cheez IT Crackers 100 cal
- Cinnamon Toast Crunch Bowl RS, 1 oz 110 cal
- Cocoa Puffs Bowl 1 oz 120 cal
- Fruit Juice Blend 60 cal
- Fresh Apple Slices 30 cal
- Apple Juice 50 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.

MenuPower