

West Oaks Elementary School

Breakfast · October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Scrambled Eggs with Cheese & Tater Tots Platter 211 cal  Blueberry Muffin Top 250 cal  Cocoa Puffs Bowl 1 oz 120 cal  WG Toast 90 cal  Fruit Juice Blend 60 cal  Red Delicious Apple 75 cal  Dried Cranberries 110 cal  Fresh Apple Slices 30 cal  Peach Cup 90 cal	2 Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon) 417 cal  Sweet Potato Swirl 138 cal  Cocoa Puffs Bowl 1 oz 120 cal  Trix Cereal Bar 1.42 oz 160 cal  Orange Wedges 76 cal  Applesauce, Strawberry 4.5 oz 50 cal
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 111 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  Rice Chex Gluten Free Bowl 1 oz 111 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  Cereal Blueberry Chex Bowl 1 oz 111 cal  Frosted Corn Flakes Bowl 1 oz 111 cal  Rice Chex Gluten Free Bowl 1 oz 111 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  Rice Chex Gluten Free Bowl 1 oz 111 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  Rice Chex Gluten Free Bowl 1 oz 111 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  Colby Cheese Stick 90 cal  WG Double Chocolate Muffin 200 cal  Frosted Corn Flakes Bowl 1 oz 110 cal  WG Toast 90 cal  Peach Cup 90 cal  2 Mozzarella Cheese Bites with Marinara Sauce 267 cal  Strawberry Cup 80 cal	14 Scrambled Eggs with Cheese & Tater Tots Platter 245 cal  Pancake Bites 250 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  WG Toast 90 cal  Fruit Juice Blend 60 cal  Fresh Apple Slices 30 cal  Fresh Tangerine 40 cal  Pineapple, Wedges Frozen 30 cal	15 Stuffed Hashbrown Potato 245 cal  Blueberry Muffin Top 250 cal  Cereal Blueberry Chex Bowl 1 oz 120 cal  Frosted Corn Flakes Bowl 1 oz 110 cal  WG Toast 90 cal  Orange Wedges 76 cal  Banana, fresh 146 cal  Fresh Apple Slices 30 cal	16 Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon) 384 cal  Sweet Potato Swirl 140 cal  Cereal Blueberry Chex Bowl 1 oz 120 cal  Frosted Corn Flakes Bowl 1 oz 110 cal  WG Toast 90 cal  Apple Juice 60 cal  Fresh Apple Slices 30 cal  Scramble Eggs and Toast 169 cal  Applesauce 4.5 oz 60 cal  Fresh Tangerine 40 cal
19 Eggs, Bacon & Toast Platter 230 cal  Banana Sliced Bread 260 cal  Cereal Blueberry Chex Bowl 1 oz 120 cal  Frosted Corn Flakes Bowl 1 oz 110 cal  Strawberry Cup 80 cal  Blueberry Muffin Top 250 cal  Peach Cup 90 cal	20 Mozzarella Cheese Bites, 3 each 340 cal  WG Double Chocolate Muffin 200 cal  Cereal Blueberry Chex Bowl 1 oz 120 cal  Frosted Corn Flakes Bowl 1 oz 110 cal  WG Toast 90 cal  Peach Cup 90 cal  Strawberry Cup 80 cal  Rice Chex Gluten Free Bowl 1 oz 110 cal	21 Pancake Bites 250 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  Banana, fresh 146 cal  Orange Wedges 76 cal	22 Power Box with Crackers (no yogurt) 242 cal  Blueberry Muffin Top 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 Bar 1.42 oz 150 cal  WG Toast 90 cal  Apple Juice 60 cal  Fruit Juice Blend 60 cal  Peach Cup 90 cal  Strawberry Cup 80 cal  Mixed Berry Fruit Cup 90 cal  Cheerios Gluten Free Bowl 1 oz 101 cal	23 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  Rice Chex Gluten Free Bowl 1 oz 110 cal  Trix Cereal Bar 1.42 oz 150 cal  WG Toast 90 cal  Orange Wedges 76 cal  Golden Delicious Apple 75 cal  Mixed Berry Fruit Cup 90 cal  Buttermilk Pancakes, 2 ea 180 cal  Applesauce 4.5 oz 60 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 Bar 1.42 oz 150 cal  WG Toast 90 cal  Apple Juice 60 cal  Fruit Juice Blend 60 cal  Applesauce, Birthday Cake 4.5 oz 70 cal  Applesauce, Sour Cherry 4.5 oz 70 cal  Applesauce, Peach 4.5 oz 60 cal  Applesauce, Blue Razzleberry 4.5 oz 50 cal	27 Mozzarella Cheese Bites, 3 each 340 cal  WG Double Chocolate Muffin 200 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 Bar 1.42 oz 150 cal  WG Toast 90 cal  Peach Cup 90 cal  Strawberry Cup 80 cal  Pineapple, Wedges Frozen 30 cal  2 Mozzarella Cheese Bites with Marinara Sauce 267 cal	28 Scrambled Eggs with Cheese & Tater Tots Platter 245 cal  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 Bar 1.42 oz 150 cal  WG Toast 90 cal  Apple Juice 60 cal  Fruit Juice Blend 60 cal  Orange Wedges 76 cal  Golden Delicious Apple 75 cal  Fresh Apple Slices 30 cal  Banana, fresh 146 cal	29 Stuffed Hashbrown Potato 245 cal  Blueberry Muffin Top 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 Bar 1.42 oz 150 cal  WG Toast 90 cal  Banana, fresh 146 cal  Pineapple, Wedges Frozen 30 cal  Orange Wedges 76 cal	30 Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon) 384 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 Bar 1.42 oz 150 cal  WG Toast 90 cal  Fruit Juice Blend 60 cal  Apple Juice 60 cal  Fresh Tangerine 40 cal  Fresh Apple Slices 30 cal  Scramble Eggs and Toast 169 cal

Served every day

 Mozzarella Cheese Stick ·
  Trix Cereal Bowl 1 oz ·
  Assorted Milk ·
  Nutrigrain Bar, Strawberry