

BREAKFAST OCTOBER 2026

West Orange High School

Orange County Public Schools

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5

WG Double Chocolate Muffin with Cheese 250 cal

- Cereal Blueberry Chex Bowl 1 oz 111 cal
- Frosted Corn Flakes Bowl 1 oz 111 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

6

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
- 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

7

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
- WG Toast 90 cal
- Tangelos, Fresh 47 cal
- Orange Wedges 76 cal

1

Strawberry Yogurt Cup w/ Bear Graham 212 cal

- Sweet Potato Swirl 138 cal
- Cinnamon Toast Crunch Bowl 1 oz 120 cal
- Cocoa Puffs Bowl 1 oz 120 cal
- Banana, fresh 146 cal

2

Pancake Bites 250 cal

- Cinnamon Toast Crunch Bowl 1 oz 120 cal
- Cocoa Puffs Bowl 1 oz 120 cal
- Fresh Apple Slices 30 cal

8

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
- WG Toast 90 cal
- Fruit Juice Blend 60 cal
- Apple Juice 60 cal
- Red Delicious Apple 75 cal
- Dried Cranberries 110 cal

9

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
- WG Toast 90 cal
- Orange Wedges 76 cal
- Golden Delicious Apple 75 cal

12

No menu published

13

Egg Patty & Chicken Sausage on Croissant 333 cal

- Cereal Blueberry Chex Bowl 1 oz 120 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
- Apple Juice 60 cal
- Applesauce, Peach 4.5 oz 60 cal

14

Mozzarella Cheese Bites, 3 each 340 cal

- Sandwich, PBJ 2.6 300 cal
- Cereal Blueberry Chex Bowl 1 oz 120 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
- Banana, fresh 146 cal
- Applesauce, Sour Cherry 4.5 oz 70 cal

15

Chicken and Egg Biscuit 350 cal

- Cereal Blueberry Chex Bowl 1 oz 120 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
- Apple Juice 60 cal
- Orange Wedges 76 cal

16

Sweet Potato Swirl 140 cal

- Cereal Blueberry Chex Bowl 1 oz 120 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
- Red Delicious Apple 75 cal
- Applesauce, Blue Razzleberry 4.5 oz 50 cal

19

WG Double Chocolate Muffin with Cheese 280 cal

- Cereal Blueberry Chex Bowl 1 oz 120 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
- Applesauce, Peach 4.5 oz 60 cal
- Applesauce, Blue Razzleberry 4.5 oz 50 cal

20

Strawberry Yogurt Cup w/ Bear Graham 210 cal

- Cereal Blueberry Chex Bowl 1 oz 120 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
- Applesauce 4.5 oz 60 cal

21

Chicken Waffles sandwich 354 cal

- Cereal Blueberry Chex Bowl 1 oz 120 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
- Orange Wedges 76 cal

22

Chicken and Cheese on Croissant 323 cal

- Banana Sliced Bread 260 cal
- Cereal Blueberry Chex Bowl 1 oz 120 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
- Fruit Juice Blend 60 cal
- Dried Cranberries 110 cal

23

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
- Orange Wedges 76 cal
- Golden Delicious Apple 75 cal

26

Rolls, Cinnamon 250 cal

- Cereal Blueberry Chex Bowl 1 oz 120 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
- Applesauce, Blue Razzleberry 4.5 oz 50 cal

27

Egg Patty & Chicken Sausage on Croissant 333 cal

- Cereal Blueberry Chex Bowl 1 oz 120 cal
- Frosted Corn Flakes Bowl 1 oz 110 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

28

Mozzarella Cheese Bites, 3 each 340 cal

- Cereal Blueberry Chex Bowl 1 oz 120 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
- Banana, fresh 146 cal
- Applesauce, Sour Cherry 4.5 oz 70 cal

29

Chicken and Egg Biscuit 350 cal

- Cereal Blueberry Chex Bowl 1 oz 120 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
- Fruit Juice Blend 60 cal
- Golden Delicious Apple 75 cal

30

Sweet Potato Swirl 140 cal

- Cereal Blueberry Chex Bowl 1 oz 120 cal
- Frosted Corn Flakes Bowl 1 oz 110 cal
- Red Delicious Apple 75 cal
- Applesauce, Blue Razzleberry 4.5 oz 50 cal

EVERY DAY

- Mozzarella Cheese Stick
- Rice Chex Gluten Free Bowl 1 oz
- Trix Cereal Bowl 1 oz
- Nutrigrain Bar, Strawberry
- Trix Cereal Bar 1.42 oz
- Assorted Milk

Menu subject to change.