

Westbrooke 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 Rice Chex Gluten Free Bowl 1 oz 110 cal Cinnamon Toast Crunch Bowl 1 oz 120 cal Cocoa Puffs Bowl 1 oz 120 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 Apple Juice 60 cal Fruit Juice Blend 60 cal Red Delicious Apple 75 cal Dried Cranberries 110 cal	2 Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon) 417 cal Sweet Potato Swirl 138 cal Rice Chex Gluten Free Bowl 1 oz 110 cal Cinnamon Toast Crunch Bowl 1 oz 120 cal Cocoa Puffs Bowl 1 oz 120 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 Orange Wedges 76 cal Golden Delicious Apple 75 cal Applesauce, Strawberry 4.5 oz 50 cal Apple Juice 60 cal Fruit Juice Blend 60 cal
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	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 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	13 Mozzarella Cheese Bites, 3 each 340 cal WG Double Chocolate Muffin 200 cal Frosted Corn Flakes Bowl 1 oz 110 cal Cinnamon Toast Crunch Bowl RS, 1 oz 110 cal Trix Cereal Bar 1.42 oz 150 cal Pineapple, Wedges Frozen 30 cal Fresh Apple Slices 30 cal	14 Scrambled Eggs with Cheese & Tater Tots Platter 245 cal Pancake Bites 250 cal Nutrigrain Bar, Strawberry 150 cal Trix Cereal Bar 1.42 oz 150 cal Apple Juice 60 cal Orange Wedges 76 cal Fresh Tangerine 40 cal	15 Stuffed Hashbrown Potato 245 cal Blueberry Muffin Top 250 cal WG Toast 90 cal Orange Wedges 76 cal Mixed Berry Fruit Cup 90 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 WG Toast 90 cal Apple Juice 60 cal Fresh Tangerine 40 cal Fresh Apple Slices 30 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 Strawberry Cup 80 cal Mixed Berry Fruit Cup 90 cal	20 Mozzarella Cheese Bites, 3 each 340 cal WG Double Chocolate Muffin 200 cal WG Toast 90 cal Strawberry Cup 80 cal Strawberry Kiwi Juice 60 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 WG Toast 90 cal Banana, fresh 146 cal Orange Wedges 76 cal	22 Power Box with Crackers (no yogurt) 242 cal Blueberry Muffin Top 250 cal WG Toast 90 cal Apple Juice 60 cal Strawberry Cup 80 cal	23 Swirl Raspberry 130 cal Nutrigrain Bar, Strawberry 150 cal Trix Cereal Bar 1.42 oz 150 cal WG Toast 90 cal Golden Delicious Apple 75 cal Mixed Berry Fruit Cup 90 cal
26 Banana Sliced Bread 260 cal Frosted Corn Flakes Bowl 1 oz 110 cal Trix Cereal Bowl 1 oz 110 cal WG Toast 90 cal Apple Juice 60 cal Fruit Juice Blend 60 cal Applesauce, Birthday Cake 4.5 oz 70 cal	27 Mozzarella Cheese Bites, 3 each 340 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 WG Toast 90 cal Strawberry Cup 80 cal Peach Cup 90 cal	28 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 Trix Cereal Bar 1.42 oz 150 cal WG Toast 90 cal Fruit Juice Blend 60 cal Orange Wedges 76 cal Fresh Apple Slices 30 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 Trix Cereal Bowl 1 oz 110 cal Rice Chex Gluten Free Bowl 1 oz 110 cal Trix Cereal Bar 1.42 oz 150 cal Nutrigrain Bar, Strawberry 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 Bowl 1 oz 110 cal Nutrigrain Bar, Strawberry 150 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

Served every day

Mozzarella Cheese Stick · Assorted Milk