

Wyndham Lakes Elementary School

Breakfast · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

5

-  **Eggs, Bacon & Toast Platter** 230 cal
-  **Mozzarella Cheese Stick** 80 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
-  **Blueberry Muffin Top** 250 cal

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-  **Mozzarella Cheese Bites, 3 each** 340 cal
-  **Mozzarella Cheese Stick** 80 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
-  **Banana Sliced Bread** 260 cal

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-  **Pancake Bites** 250 cal
-  **Mozzarella Cheese Stick** 80 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

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-  **Scrambled Eggs with Cheese & Tater Tots Platter** 211 cal
-  **Mozzarella Cheese Stick** 80 cal
-  **Cinnamon Toast Crunch Bowl 1 oz** 120 cal
-  **Cocoa Puffs Bowl 1 oz** 120 cal
-  **Trix Cereal Bowl 1 oz** 110 cal
-  **Apple Juice** 60 cal
-  **Fresh Apple Slices** 30 cal

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-  **Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon)** 417 cal
-  **Mozzarella Cheese Stick** 80 cal
-  **Cinnamon Toast Crunch Bowl 1 oz** 120 cal
-  **Cocoa Puffs Bowl 1 oz** 120 cal
-  **Trix Cereal Bowl 1 oz** 110 cal
-  **Golden Delicious Apple** 75 cal
-  **Applesauce, Strawberry 4.5 oz** 50 cal

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-  **Power Box with Crackers (no yogurt)** 242 cal
-  **Mozzarella Cheese Stick** 80 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

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-  **Mozzarella Cheese Stick** 80 cal
-  **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
-  **Oatmeal** 190 cal
-  **Fresh Apple Slices** 30 cal

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No menu published

13

No menu published

14

No menu published

15

No menu published

16

No menu published

19

No menu published

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No menu published

21

No menu published

22

No menu published

23

No menu published

26

No menu published

27

No menu published

28

No menu published

29

No menu published

30

No menu published

Served every day

 Assorted Milk