

BREAKFAST

OCTOBER 2026

Zellwood Elementary School

Orange County Public Schools

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

6	
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

7	
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

8	
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

9	
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

12
No menu published

13
No menu published

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No menu published

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No menu published

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No menu published

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No menu published

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No menu published

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No menu published

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No menu published

23
No menu published

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No menu published

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No menu published

28
No menu published

29
No menu published

30
No menu published

Served every day:
■ Assorted Milk

Menu data from Orange County Public Schools, drawn by myschoolmenu.net. Menu subject to change. Calories are per serving, as Orange County Public Schools publishes them.