



ELEMENTARY LUNCH

OCTOBER 2026

Elmer Wood

Atwater Elementary School District



Monday

Tuesday

Wednesday

Thursday

Friday

5
CHICKEN PATTY SANDWICH 380 cal Spicy Chicken Sandwich 370 cal Mozzarella Stuffed Breadstick 160 cal Turkey American Cheese on Sliced Bread 280 cal Fresh Whole Apple 48 cal Craisins 33000 cal Baby Carrots 25 cal Celery Sticks 10 cal Corn 79 cal Marinara Sauce 43 cal

6
CHICKEN ADOBO 165 cal Steamed Brown Rice 103 cal Garden Burger 280 cal Crispy Chicken Salad 267 cal Cheez-It Crackers .75 oz. Pouch 100 cal Orange Smiles 62 cal Peaches in Pear Juice 50 cal Pinto Beans 119 cal Spicy Pickled Carrots 18 cal Garden Side Salad 20 cal

7
TANGY ORANGE CHICKEN OVER BROWN RICE 419 cal Corn Dog 240 cal Cheesy Caesar Salad 383 cal Whole Grain Dinner Roll 140 cal Fresh Whole Apple 48 cal Raisins 119 cal Kidney Beans 141 cal Jicama Sticks 25 cal Fresh Broccoli Florets 11 cal

8
BREADED CHICKEN TENDER 264 cal Goldfish Crackers 100 cal Hot Ham (Turkey) American Cheese 305 cal Hearty Garden Salad 266 cal Whole Grain Dinner Roll 140 cal Orange Smiles 62 cal Diced Pears 55 cal Green Beans 22 cal Garbanzo Beans 87 cal Raw Diced Sweet Potatoes 49 cal

9
PEPPERONI PIZZA SQUARE 305 cal Old School Cheese Pizza 280 cal Beef Meatballs 200 cal Spaghetti Noodles 132 cal Bean and Cheese Burrito 321 cal Fresh Whole Apple 48 cal Craisins 33000 cal Baby Carrots 25 cal Fresh Broccoli Florets 11 cal Celery Sticks 10 cal

12
CRISPY CHICKEN NUGGETS 241 cal Cheez-It Crackers .75 oz. Pouch 100 cal Italian Pasta Bake 406 cal Ham (turkey) American Cheese Sub 365 cal Fresh Whole Apple 48 cal Craisins 33000 cal Baby Carrots 25 cal Celery Sticks 10 cal Corn 79 cal

13
CHEESE ENCHILADA 341 cal Miller's Local All Beef Hot Dog 270 cal Crispy Chicken Salad 267 cal Cheez-It Crackers .75 oz. Pouch 100 cal Orange Smiles 62 cal Applesauce 59 cal Pinto Beans 111 cal Spicy Pickled Carrots 18 cal Garden Side Salad 20 cal

14
CORN DOG 240 cal Chicken Patty Sandwich 380 cal Spicy Chicken Sandwich 370 cal Cheesy Caesar Salad 383 cal Whole Grain Dinner Roll 140 cal Fresh Whole Apple 48 cal Raisins 119 cal Kidney Beans 141 cal Fresh Broccoli Florets 11 cal Jicama Sticks 25 cal

15
BAKED POTATO WITH CHILI AND CHEESE 473 cal Tortilla Chips 280 cal Pork Honey Rib on a Bun 350 cal Hearty Garden Salad 266 cal Whole Grain Dinner Roll 140 cal Orange Smiles 62 cal Diced Pears 55 cal Green Beans 22 cal Garbanzo Beans 87 cal Raw Diced Sweet Potatoes 49 cal

16
CHEESEBURGER 360 cal Old School Pepperoni Pizza 306 cal Old School Cheese Pizza 280 cal Bean and Cheese Burrito 321 cal Fresh Whole Apple 48 cal Craisins 33000 cal Baby Carrots 25 cal Fresh Broccoli Florets 11 cal Celery Sticks 10 cal

19
CHICKEN PATTY SANDWICH 380 cal Spicy Chicken Sandwich 370 cal Mozzarella Stuffed Breadstick 160 cal Turkey American Cheese on Sliced Bread 280 cal Fresh Whole Apple 48 cal Craisins 33000 cal Baby Carrots 25 cal Celery Sticks 10 cal Corn 79 cal Marinara Sauce 43 cal

20
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26
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27
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28
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29
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30
No menu published

Served every day:
 Milk - Chocolate Milk

Menu data from Atwater Elementary School District, drawn by schoolmenuapp.com. Menu subject to change. Calories are per serving, as Atwater Elementary School District publishes them.

nutrislice