



MSR LUNCH OCTOBER 2026

Mitchell Senior

Atwater Elementary School District



Monday	Tuesday	Wednesday	Thursday	Friday
★ HONEY SRIRACHA CHICKEN BONELESS WINGS 306 cal - Cheeze-It Crackers .75 oz. 100 cal - Pouch 100 cal - Chicken Alfredo 307 cal - Macaroni 446 cal - Pepperoni Pizza 446 cal - Cheese Pizza 411 cal - Ham (turkey) American Cheese Sub 365 cal - Classic Chef Salad 165 cal - Whole Grain Dinner Roll 140 cal - Fresh Whole Apple 48 cal - Craisins 33000 cal - Baby Carrots 25 cal - Kidney Beans 141 cal - Corn 92 cal	★ ORANGE CHICKEN STIR FRY 219 cal - Steamed Brown Rice 103 cal - Cheeseburger 360 cal - French Bread Pizza 300 cal - Double Berry Parfait 417 cal - Chicken Caesar Salad 375 cal - Whole Grain Dinner Roll 140 cal - Orange Smiles 62 cal - Peaches in Pear Juice 50 cal - Baby Carrots 25 cal - Garbanzo Beans 138 cal - Celery Sticks 10 cal	★ BAKED CHICKEN WITH BBQ SAUCE 496 cal - Whipped Potatoes 76 cal - Mini Baked Biscuits 100 cal - Spicy Crispy Chicken Sandwich 350 cal - Pizza, Bold Meat Lovers 471 cal - Cheese Pizza 411 cal - Egg Salad Sandwich 404 cal - Beef Taco Salad 431 cal - Fresh Whole Apple 48 cal - Raisin Box 119 cal - Baby Carrots 25 cal - Green Beans 18 cal - Fresh Broccoli Florets 11 cal	★ CARNITAS BURRITO 622 cal - Nashville Hot Chicken Sandwich 431 cal - French Bread Pizza 300 cal - Chicken Caesar Wrap 470 cal - Crispy Chicken Salad 249 cal - Goldfish Crackers 100 cal - Orange Smiles 62 cal - Mixed Fruit 98 cal - Corn 92 cal - Celery Sticks 10 cal - Fresh Broccoli Florets 11 cal	★ NACHOS WITH BEEF 461 cal - Corn Dog 240 cal - Tater Tots 111 cal - Cheese Pizza 411 cal - Jalapeno Pepper Slices 290 cal - American style Deli Sandwich 530 cal - Buffalo Chicken Wrap 48 cal - Fresh Whole Apple 33000 cal - Craisins 18 cal - Spicy Pickled Carrots 101 cal - Kidney Beans 18 cal - Green Beans 18 cal
★ CHICKEN NUGGET CHUNKS 257 cal - Cheeze-It Crackers .75 oz. 100 cal - Pouch 100 cal - Beef Meatballs 200 cal - Spaghetti Noodles 132 cal - Pepperoni Pizza 446 cal - Cheese Pizza 411 cal - Ham (turkey) American Cheese Sub 365 cal - Classic Chef Salad 165 cal - Whole Grain Dinner Roll 140 cal - Fresh Whole Apple 48 cal - Craisins 33000 cal - Baby Carrots 25 cal - Kidney Beans 141 cal - Corn 92 cal	★ TERIYAKI CHICKEN STIR FRY 111 cal - Steamed Brown Rice 103 cal - Cheeseburger 360 cal - French Bread Pizza 300 cal - Double Berry Parfait 417 cal - Chicken Caesar Salad 375 cal - Whole Grain Dinner Roll 140 cal - Orange Smiles 62 cal - Peaches in Pear Juice 50 cal - Baby Carrots 25 cal - Garbanzo Beans 138 cal - Celery Sticks 10 cal	★ CHICKEN POT PIE 418 cal - Crispy Chicken Sandwich 350 cal - Pizza, Bold Meat Lovers 471 cal - Pepperoni Pizza 446 cal - Egg Salad Sandwich 404 cal - Beef Taco Salad 431 cal - Fresh Whole Apple 48 cal - Raisins 119 cal - Baby Carrots 25 cal - Green Beans 18 cal - Fresh Broccoli Florets 11 cal	★ CARNITAS BURRITO 622 cal - Nashville Hot Chicken Sandwich 431 cal - French Bread Pizza 300 cal - Chicken Caesar Wrap 470 cal - Crispy Chicken Salad 249 cal - Goldfish Crackers 100 cal - Orange Smiles 62 cal - Mixed Fruit 98 cal - Corn 92 cal - Celery Sticks 10 cal - Fresh Broccoli Florets 11 cal	★ NACHOS WITH BEANS AND CHEESE 490 cal - Corn Dog 240 cal - Tater Tots 111 cal - Cheese Pizza 411 cal - Jalapeno Pepper Slices 290 cal - American style Deli Sandwich 530 cal - Buffalo Chicken Wrap 48 cal - Fresh Whole Apple 33000 cal - Craisins 18 cal - Spicy Pickled Carrots 101 cal - Kidney Beans 18 cal - Green Beans 18 cal
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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