



ELEMENTARY LUNCH OCTOBER 2026

Peggy Heller

Atwater Elementary School District



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

EVERY DAY

Milk

Chocolate Milk

Menu subject to change.

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
	Cheeze-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
	Cheeze-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
	Cheeze-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
	Jicama Sticks	25 cal
	Fresh Broccoli Florets	11 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 Cheese Pizza	306 cal
	Pepperoni Pizza	280 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	Chicken Adobo	165 cal
	Steamed Brown Rice	103 cal
	Garden Burger	280 cal
	Crispy Chicken Salad	267 cal
	Cheeze-It Crackers .75 oz. Pouch	100 cal
	Orange Smiles	62 cal
	Peaches in Pear Juice	50 cal
	Pinto Beans	126 cal
	Spicy Pickled Carrots	18 cal
	Garden Side Salad	20 cal

21	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

22	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

23	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

26	Crispy Chicken Nuggets	241 cal
	Cheeze-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

27	Cheese Enchilada	341 cal
	Miller's Local All Beef Hot Dog	270 cal
	Crispy Chicken Salad	267 cal
	Cheeze-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

28	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

29	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

30	No menu published	
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