



JR HIGH LUNCH OCTOBER 2026

Peggy Heller

Atwater Elementary School District



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

EVERY DAY

- Milk
- Chocolate Milk

Menu subject to change.

5	Pepperoni Pizza 446 cal
	Cheese Pizza 411 cal
	Spicy Chicken Sandwich 370 cal
	Mozzarella Stuffed Breadstick 160 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
	French Bread Pizza 191 cal
	Crispy Chicken Salad 267 cal
	Cheez-It Crackers .75 oz. 100 cal
	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
	Pizza, Bold Meat Lovers 471 cal
	Cheese Pizza 411 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

1	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

2	Cheeseburger 360 cal
	Cheese Pizza 411 cal
	Jalapeno Pepper Slices 200 cal
	Chicken Caesar Wrap 458 cal
	Fresh Whole Apple 48 cal
	Craisins 33000 cal
	Baby Carrots 25 cal
	Fresh Broccoli Florets 11 cal
	Celery Sticks 10 cal

12	Cheese Pizza 411 cal
	Pepperoni Pizza 446 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
	French Bread Pizza 300 cal
	Crispy Chicken Salad 267 cal
	Cheez-It Crackers .75 oz. 100 cal
	Pouch 100 cal
	Orange Smiles 62 cal
	Applesauce 59 cal
	Pinto Beans 111 cal
	Spicy Pickled Carrots 18 cal
	Garden Side Salad 20 cal
	Marinara Sauce

14	Chicken Pot Pie 418 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
	Cheese Pizza 411 cal
	Jalapeno Pepper Slices 200 cal
	Chicken Caesar Wrap 458 cal
	Fresh Whole Apple 48 cal
	Craisins 33000 cal
	Baby Carrots 25 cal
	Fresh Broccoli Florets 11 cal
	Celery Sticks 10 cal

19	Pepperoni Pizza 446 cal
	Cheese Pizza 411 cal
	Spicy Chicken Sandwich 370 cal
	Mozzarella Stuffed Breadstick 160 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
	French Bread Pizza 191 cal
	Crispy Chicken Salad 267 cal
	Cheez-It Crackers .75 oz. 100 cal
	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
	Pizza, Bold Meat Lovers 471 cal
	Cheese Pizza 411 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	Pork Posole with Tortilla Chips 486 cal
	French Bread Pizza 191 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	Cheese Pizza 411 cal
	Jalapeno Pepper Slices 200 cal
	Beef Meatballs 200 cal
	Spaghetti Noodles 132 cal
	Chicken Caesar Wrap 458 cal
	Fresh Whole Apple 48 cal
	Craisins 33000 cal
	Baby Carrots 25 cal
	Fresh Broccoli Florets 11 cal
	Celery Sticks 10 cal

26	Cheese Pizza 411 cal
	Pepperoni Pizza 446 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
	French Bread Pizza 300 cal
	Crispy Chicken Salad 267 cal
	Cheez-It Crackers .75 oz. 100 cal
	Pouch 100 cal
	Orange Smiles 62 cal
	Applesauce 59 cal
	Pinto Beans 111 cal
	Spicy Pickled Carrots 18 cal
	Garden Side Salad 20 cal
	Marinara Sauce

28	Chicken Pot Pie 418 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