

TORCH MIDDLE SCHOOL LUNCH

Torch Middle School

OCTOBER 2026

Bassett Unified School District



Monday

Tuesday

Wednesday

Thursday

Friday

5  ALL BEEF HOT DOG 210 cal  Hot Dog Bun 149 cal  Seasoned Potato Wedges 130 cal  Chili Beans 125 cal	6  ORANGE CHICKEN 150 cal  Steamed Rice 160 cal  Steamed Broccoli 30 cal  Carrot Sticks 21 cal  Cucumber Coins 9 cal	7  TERIYAKI DUNKERS 216 cal  Steamed Rice 160 cal  Mixed Vegetables 45 cal  Carrot Sticks 21 cal	1  CHEESY GARLIC BREADSTICKS 200 cal  Glazed Chicken Wings 280 cal  Seasoned Potato Wedges 130 cal  Carrot Sticks 21 cal	2  CHEESY BEEF NACHOS 393 cal  Romaine Salad 3 cal  Chili Beans 125 cal
12 No menu published	13  SPANISH RICE 61 cal  Beef & Cheese Birria Pupusa 240 cal  Refried Beans 110 cal  Carrot Sticks 21 cal  LETTUCE, SHRD 8 cal	14  CHEESY GARLIC BREADSTICK 100 cal  Crispy Tempura Chicken Nuggets 280 cal  Seasoned Potato Wedges 130 cal  Carrot Sticks 21 cal	15  SPAGHETTI WITH MEAT SAUCE 665 cal  Spaghetti Noodles Cup 415 cal  Mixed Vegetables 45 cal  Broccoli Buds 20 cal	16  BEEF TAQUITOS W/GUACAMOLE 357 cal  LETTUCE, SHRD 8 cal  Refried Beans 110 cal
19  CHICKEN TAMALE IN RED SAUCE 290 cal  Refried Beans P 166 cal  Zucchini Coins 11 cal  Broccoli Buds 20 cal	20  TERIYAKI CHICKEN 115 cal  Steamed Rice 160 cal  Steamed Broccoli 30 cal  Carrot Sticks 21 cal  Cucumber Coins 9 cal	21  CHEESY GARLIC BREADSTICK 100 cal  Parmesan Crusted Grilled Cheese Sandwich 720 cal  Mac & Cheese 519 cal  Mixed Vegetables 45 cal  Carrot Sticks 21 cal	22  CHEESY GARLIC BREADSTICKS 200 cal  Glazed Chicken Wings 280 cal  Seasoned Potato Wedges 130 cal  Carrot Sticks 21 cal	23  CHEESY BEEF NACHOS 393 cal  Romaine Salad 3 cal  Chili Beans 125 cal
26  ALL BEEF HOT DOG 210 cal  Hot Dog Bun 149 cal  Seasoned Potato Wedges 130 cal  Chili Beans 125 cal	27  ORANGE CHICKEN 150 cal  Steamed Rice 160 cal  Steamed Broccoli 30 cal  Carrot Sticks 21 cal  Cucumber Coins 9 cal	28  TERIYAKI DUNKERS 216 cal  Steamed Rice 160 cal  Mixed Vegetables 45 cal  Carrot Sticks 21 cal	29  CHEESY GARLIC BREADSTICKS 200 cal  Breaded Chicken Drumstick 220 cal  Mashed Potatoes 80 cal  Mini Corn on the Cob 90 cal  Broccoli Buds 20 cal	30  CHICKEN & WAFFLES 380 cal  Corn 100 cal  Zucchini Coins 11 cal

Served every day:

 FRESH FRUIT ·  1% White Milk ·  Nonfat Chocolate Milk

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

MealViewer