

Indian Ridge Middle

Lunch · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

5	
 Macaroni and Cheese	312 cal
 Buffalo Style Chicken Stuffed Sandwich	291 cal
 Hummus with Savory Herb Crackers	402 cal
 Garlic Breadsticks	110 cal
 Sweet Potato Crinkle Cut Fries	169 cal
 Black Beans	85 cal
 Mixed Fruit Cup	80 cal

6	
 Arroz con Pollo	312 cal
 Latin Style Black Beans w/ Brown Rice	113 cal
 Salad, Sliced Turkey & Cheese	241 cal
 Brown Rice	148 cal
 Savory Herb Crackers	90 cal
 Soft Tortilla	182 cal
 Street Corn	138 cal
 Tossed Salad, w/Grape Tomatoes & Carrots, Shredde	17 cal
 Frozen Rips Strawberry Kiwi	60 cal

7	
 Boneless Chicken Wings	215 cal
 Spicy Chicken Breast Strips	214 cal
 Parfait, Blueberry w/Cheese Stick	313 cal
 Plant-Based Fiesta Salad w/ Hummus	326 cal
 Mini Waffles	89 cal
 Savory Herb Crackers	90 cal
 Tater Tots	116 cal
 Steamed California Blend Vegetables	71 cal
 Fresh Apple Slices	29 cal

1	
 Chicken Parmesan over Penne Pasta	399 cal
 Chicken Caesar Wrap	397 cal
 Hummus with Savory Herb Crackers	402 cal
 Garlic Breadsticks	110 cal
 Fresh Baby Carrots, Snack Pack	23 cal
 Tossed Salad, w/Grape Tomatoes & Carrots, Shredde	17 cal
 Fresh Apple Slices	29 cal

2	
 Garlic Cheese Pizza	370 cal
 Yogurt w/ Cheese & Crackers	387 cal
 Vegan Bean & Green Chile Burrito	290 cal
 Steamed California Blend Vegetables	71 cal
 Steamed Broccoli	49 cal
 Fruit Blend Juice	90 cal

12	No menu published
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13	
 Chicken Popcorn	255 cal
 Philly Cheese Steak Sub	304 cal
 Latin Style Black Beans w/ Brown Rice	113 cal
 Brown Rice	148 cal
 Fresh Mini Sweet Peppers	13 cal
 Tater Tots	116 cal
 Pineapple Wedges, Individually Wrapped	50 cal

14	
 Chicken Wings	562 cal
 Honey BBQ Rib on Bun	351 cal
 Plant-Based Fiesta Salad w/ Hummus	326 cal
 Hawaiian Roll	129 cal
 Savory Herb Crackers	90 cal
 Farm Fresh Corn Cobettes	97 cal
 Steamed Spinach	96 cal
 Fresh Sliced Orange	66 cal

15	
 Cheese Tortellini	199 cal
 Meat Sauce	106 cal
 Salad, Caesar	187 cal
 Plant-Based Fiesta Wrap w/ Hummus	377 cal
 Garlic Breadsticks	110 cal
 Tossed Salad, w/Grape Tomatoes & Carrots, Shredde	17 cal
 Steamed California Blend Vegetables	71 cal
 Fresh Apple Slices	29 cal

16	
 Pizza Crunchers	436 cal
 Beef Hot Dog on Bun	308 cal
 Vegan, Chik'n Nuggets w/ Crackers	396 cal
 Baked Beans	150 cal
 Fruit Blend Juice	90 cal

19	
 Chicken, Tangerine	210 cal
 Turkey Ham & Cheese Melt	306 cal
 Vegan, Chik'n Nuggets w/ Crackers	396 cal
 Woolies Noodles	138 cal
 Sweet Potato Wedges	153 cal
 Mixed Vegetables	30 cal
 Peach Cup	70 cal

20	
 Beef & Cheese Taco Crisp	360 cal
 Vegan Bean & Green Chile Burrito	290 cal
 Yogurt & Hard Boiled Egg Platter	376 cal
 Vegetable, Pepper & Onion Fajita Blend	44 cal
 Black Beans	85 cal
 Strawberry Applesauce Cup	70 cal

21	
 Breaded Chicken Fillet on Bun	344 cal
 Yogurt w/ Cheese & Crackers	387 cal
 Vegan Bean & Green Chile Burrito	290 cal
 Savory Herb Crackers	90 cal
 Potato Wedges	144 cal
 Steamed Broccoli	49 cal
 Fresh Sliced Orange	66 cal

22	No menu published
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23	
 Pull Apart Cheezy Beef Pepperoni Breadsticks	271 cal
 Fish Patty on Bun	319 cal
 Vegan Hummus and w/ Tortilla Round	370 cal
 Fresh Sliced Cucumbers	11 cal
 Sweet Potato Crinkle Cut Fries	169 cal
 Fruit Blend Juice	90 cal

26	
 Chicken Teriyaki	245 cal
 Vegan, Chik'n Nuggets	280 cal
 Korean BBQ Shredded Chicken on Bun	341 cal
 Vegetable Egg Roll	140 cal
 Lo Mein	133 cal
 Roasted Farm Fresh Green Beans	40 cal
 Mixed Vegetables	30 cal
 Frozen Whole Fruit Cup	77 cal

27	
 Mexican Pizza	351 cal
 Breaded Mozzarella Cheese Sticks	390 cal
 Latin Style Black Beans w/ Brown Rice	113 cal
 Brown Rice	148 cal
 Sweet Potato Wedges	153 cal
 Tossed Salad, w/Grape Tomatoes & Carrots, Shredde	17 cal
 Applesauce Cup	50 cal

28	
 Cheeseburger on Bun	404 cal
 Baked Corndog	243 cal
 Vegan Salad w/ Garbanzo Beans	347 cal
 Savory Herb Crackers	90 cal
 Potato, Cajun Seasoned French Fries	104 cal
 Baked Beans	150 cal
 Fresh Sliced Orange	66 cal

29	
 Chicken Parmesan over Penne Pasta	388 cal
 Chicken Caesar Wrap	216 cal
 Hummus with Savory Herb Crackers	402 cal
 Fresh Baby Carrots, Snack Pack	23 cal
 Tossed Salad, w/Grape Tomatoes & Carrots, Shredde	17 cal
 Fresh Apple Slices	29 cal

30	
 Garlic Cheese Pizza	370 cal
 Yogurt w/ Cheese & Crackers	387 cal
 Vegan Bean & Green Chile Burrito	290 cal
 Steamed California Blend Vegetables	71 cal
 Steamed Broccoli	49 cal
 Fruit Blend Juice	90 cal

Served every day

 Milk