

# Parkway Middle

Lunch · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

- 5**
- Macaroni and Cheese** 312 cal
  - Buffalo Style Chicken Stuffed Sandwich 291 cal
  - Vegan Hummus and w/ Tortilla Round 370 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
  - Soft Tortilla 91 cal
  - Brown Rice 148 cal
  - Savory Herb Crackers 90 cal
  - Street Corn 138 cal
  - Tossed Salad, w/Grape Tomatoes & Carrots, Shredde 17 cal
  - Frozen Rips 60 cal
  - Strawberry Kiwi

- 7**
- Spicy Chicken Breast Strips** 214 cal
  - Boneless Chicken 215 cal
  - Wings
  - Parfait, Strawberry w/Cheese Stick 319 cal
  - Spicy Chicken Breaded Breast Fillet Salad 270 cal
  - Mini Waffles 89 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
  - Vegan Hummus and w/ Tortilla Round 370 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

No menu published

- 13**
- Chicken Popcorn** 255 cal
  - Philly Cheese Steak Sub 304 cal
  - Latin Style Black Beans w/ Brown Rice 113 cal
  - Brown Rice 148 cal
  - Mixed Vegetables 30 cal
  - Tater Tots 116 cal
  - Pineapple Wedges, Individually Wrapped 50 cal

- 14**
- Breaded Chicken Drumstick** 442 cal
  - Honey BBQ Rib on Bun 351 cal
  - Salad, Sliced Turkey & Cheese 241 cal
  - BBQ Chicken Wings 590 cal
  - Hawaiian Roll 129 cal
  - Savory Herb Crackers 90 cal
  - Farm Fresh Corn Cobettes 97 cal
  - Steamed Broccoli 49 cal
  - Pineapple Wedges, Individually Wrapped 50 cal

- 15**
- Cheese Tortellini** 199 cal
  - Meat Sauce 106 cal
  - Salad, Caesar 187 cal
  - Vegan Bean & Green Chile Burrito 290 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
  - Woods Noodles 138 cal
  - Sweet Potato Wedges 153 cal
  - Mixed Vegetables 30 cal
  - Chilled Peaches 63 cal

- 20**
- Vegan Bean & Green Chile Burrito** 290 cal
  - Premium Beef Taco/Nachos Meat 167 cal
  - Soft Tortilla 182 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
  - Soy Nutbutter Sandwich w/Fava Bean Crisps 473 cal
  - Potato Wedges 144 cal
  - Steamed Broccoli 49 cal
  - Fresh Pears 75 cal

No menu published

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- 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
  - Korean BBQ Sauce 61 cal

No menu published

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- 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