

Sawgrass Springs Middle

Lunch · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

- 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

- 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

- Boneless Chicken Wings** 215 cal
- Spicy Chicken Breast Strips 214 cal
 - Parfait, Peach w/Cheese Stick 366 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 Apples 68 cal

- 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

- 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

- Chicken Popcorn** 255 cal
- Philly Cheese Steak Sub 304 cal
 - Latin Style Black Beans w/ Brown Rice 113 cal
 - Brown Rice 148 cal
 - Savory Herb Crackers 90 cal
 - Fresh Mini Sweet Peppers 13 cal
 - Pineapple Wedges, Individually Wrapped 50 cal

- 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

- Cheese Tortellini** 199 cal
- Meat Sauce 106 cal
 - Salad, Caesar 187 cal
 - Plant-Based Fiesta Wrap w/ Hummus 377 cal
 - Turkey Ham & Cheese on Sandwich 306 cal
 - Munchies Munch Mix Snack Mix 110 cal
 - Tossed Salad, w/Grape Tomatoes & Carrots, Shredde 17 cal
 - Steamed California Blend Vegetables 71 cal
 - Fresh Baby Carrots, Snack Pack 23 cal
 - Cool Tropics Berry Citrus Veggie Edge 60 cal
 - Fresh Apple Slices 29 cal
 - Applesauce Cup 50 cal
 - White Milk 110 cal

- Pizza Crunchers** 436 cal
- Beef Hot Dog on Bun 308 cal
 - Vegan, Chik'n Nuggets w/ Crackers 396 cal
 - Turkey Ham & Cheese on Sandwich 306 cal
 - Turkey & Cheese Sandwich 293 cal
 - Baked Beans 150 cal
 - Fresh Baby Carrots, Snack Pack 23 cal
 - Cool Tropics Berry Citrus Veggie Edge 60 cal
 - Fruit Blend Juice 90 cal
 - Applesauce Cup 50 cal
 - White Milk 110 cal

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

- Beef & Cheese Taco Crisp** 360 cal
- Vegan Bean & Green Chile Burrito 290 cal
 - Salad, Egg & Cheese 247 cal
 - Savory Herb Crackers 90 cal
 - Vegetable, Pepper & Onion Fajita Blend 44 cal
 - Black Beans 85 cal
 - Strawberry Applesauce Cup 70 cal

- Breaded Chicken Fillet on Bun** 344 cal
- Yogurt w/ Cheese & Crackers 387 cal
 - Vegan Salad w/ Garbanzo Beans 347 cal
 - Savory Herb Crackers 90 cal
 - Potato Wedges 144 cal
 - Steamed Broccoli 49 cal
 - Fresh Apples 68 cal

- Beef A Roni** 205 cal
- Grilled Cheese 284 cal
 - Vegan, Chik'n Nuggets w/ Crackers 396 cal
 - Garlic Breadsticks 110 cal
 - Tossed Salad, w/Grape Tomatoes & Carrots, Shredde 17 cal
 - Triple Berry Blast Veggie Edge 60 cal
 - Fresh Apple Slices 29 cal

- Pull Apart Cheesy 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

- 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

- 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

- Cheeseburger on Bun** 404 cal
- Baked Corndog 243 cal
 - Salad, Vegan w/ Buffalo Fava Crisp 248 cal
 - Savory Herb Crackers 90 cal
 - Potato, Cajun Seasoned French Fries 104 cal
 - Baked Beans 150 cal
 - Fresh Apples 68 cal

- 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
 - Smooth-Frozen SideKicks Theme Celebrations 75 cal
 - Fresh Apple Slices 29 cal

- 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