

Seminole 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
 - Milk** 110 cal

- 6**
- Arroz con Pollo** 312 cal
 - Latin Style Black Beans w/ Brown Rice** 113 cal
 - Salad, Sliced Turkey & Cheese** 241 cal
 - Premium Beef Taco/Nachos Meat** 167 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 Strawberry Kiwi** 60 cal

- 7**
- Boneless Chicken Wings** 215 cal
 - Spicy Chicken Breast Strips** 214 cal
 - Parfait, Strawberry w/Cheese Stick** 319 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
 - Milk** 110 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
 - Milk** 110 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
 - Fresh Mini Sweet Peppers** 13 cal
 - Tater Tots** 116 cal
 - Pineapple Wedges, Individually Wrapped** 50 cal
 - Milk** 110 cal

- 14**
- Chicken Wings** 562 cal
 - Honey BBQ Rib on Bun** 351 cal
 - Hawaiian Roll** 129 cal
 - Steamed Spinach** 96 cal
 - Mashed Potatoes** 13 cal
 - Fresh Apple Slices** 29 cal
 - Milk** 110 cal

- 15**
- Cheese Tortellini** 199 cal
 - Meat Sauce** 106 cal
 - Texas Garlic Toast** 90 cal
 - Steamed California Blend Vegetables** 71 cal
 - Fresh Apple Slices** 29 cal
 - Milk** 110 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
 - Milk** 110 cal

- 19**
- 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
 - Milk** 110 cal

- 20**
- 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
 - Milk** 110 cal

- 21**
- 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 Apple Slices** 29 cal
 - Milk** 110 cal

No menu published

- 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
 - Milk** 110 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 Apple Slices** 29 cal
 - Milk** 110 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
 - Smooth-Frozen SideKicks Theme Celebrations** 75 cal
 - Fresh Apple Slices** 29 cal
 - Milk** 110 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
 - Milk** 110 cal