

Tradewinds Elementary

Lunch · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

5

- Macaroni and Cheese** 312 cal
- Turkey & Beef Pepperoni Stuffed Sandwich 301 cal
- Hummus with Savory Herb Crackers 402 cal
- Wild White Nacho Dorito Chips 130 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 85 cal
- Salad, Sliced Turkey & Cheese 217 cal
- Soft Tortilla 91 cal
- Brown Rice 111 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
- Steamed Corn 53 cal

7

- Boneless Chicken Wings** 215 cal
- Parfait, Peach w/Cheese Stick 366 cal
- Plant-Based Fiesta Salad w/ Hummus 302 cal
- Mini Waffles 89 cal
- Savory Herb Crackers 90 cal
- Tater Tots 116 cal
- Steamed California Blend Vegetables 71 cal
- Fresh Sliced Orange 66 cal

8

No menu published

9

No menu published

12

No menu published

13

- Chicken Popcorn** 255 cal
- Philly Cheese Steak Sub 304 cal
- Latin Style Black Beans w/ Brown Rice 85 cal
- Brown Rice 111 cal
- Fresh Mini Sweet Peppers 13 cal
- Potato Smiles 130 cal
- Pineapple Wedges, Individually Wrapped 50 cal

14

- Breaded Chicken Drumstick** 442 cal
- Honey BBQ Rib on Bun 351 cal
- Salad, Vegan w/ Buffalo Fava Crisp 224 cal
- Hawaiian Roll 129 cal
- Savory Herb Crackers 90 cal
- Steamed Spinach 96 cal
- Steamed Corn 87 cal
- Fresh Sliced Orange 66 cal

15

- Cheese Tortellini** 199 cal
- Meat Sauce 106 cal
- Salad, Caesar 175 cal
- Vegan Bean & Green Chile Burrito 290 cal
- Soft Tortilla 91 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
- Vegan, Chik'n Nuggets 224 cal
- Fresh Banana (Ripe) 81 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
- Woodles 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
- Salad, Egg & Cheese 223 cal
- Vegetable, Pepper & Onion Fajita Blend 44 cal
- Black Beans 85 cal
- Strawberry Applesauce Cup 70 cal
- Applesauce Cup 50 cal

21

- Breaded Chicken Fillet on Bun** 344 cal
- Yogurt w/ Cheese & Crackers 387 cal
- Vegan Salad, w/ Garbanzo Beans 324 cal
- Savory Herb Crackers 90 cal
- Potato Wedges 144 cal
- Steamed Broccoli 49 cal
- Fresh Sliced Orange 66 cal
- Vegan, Chik'n Nuggets 224 cal

22

- Beef A Roni** 182 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
- Carrot Juice 60 cal
- Fresh Banana (Ripe) 81 cal

23

- 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

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

27

- Mexican Pizza** 351 cal
- Breaded Mozzarella Cheese Sticks 390 cal
- Latin Style Black Beans w/ Brown Rice 85 cal
- Brown Rice 111 cal
- Sweet Potato Wedges 153 cal
- Tossed Salad, w/Grape Tomatoes & Carrots, Shredde 17 cal
- Applesauce Cup 50 cal
- Steamed California Blend Vegetables 35 cal

28

- Cheeseburger on Bun** 404 cal
- Baked Corndog 243 cal
- Vegan Salad, w/ Garbanzo Beans 324 cal
- Potato, Cajun Seasoned French Fries 104 cal
- Baked Beans 150 cal
- Seasoned French Fries 61 cal
- Fresh Sliced Orange 33 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
- Vegan, Chik'n Nuggets 224 cal
- Steamed Carrots 31 cal
- Fresh Banana (Ripe) 81 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 · White Milk