

Wilton Manors Elementary

Lunch · October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Caesar Wrap 397 cal - Hummus with Savory Herb Crackers 402 cal - Boneless Chicken Wings 215 cal - Turkey & Cheese Sandwich 293 cal - Fresh Baby Carrots, Snack Pack 23 cal - Tossed Salad, w/Grape Tomatoes & Carrots, Shredde 17 cal - Cool Tropics Berry Citrus Veggie Edge 60 cal - Fresh Apple Slices 29 cal - Applesauce Cup 50 cal - White Milk 110 cal	2 Garlic Cheese Pizza 370 cal - Yogurt w/ Cheese & Crackers 387 cal - Vegan Bean & Green Chile Burrito 290 cal - Mexican Pizza 351 cal - Steamed California Blend Vegetables 71 cal - Steamed Broccoli 49 cal - Fruit Blend Juice 90 cal
5 Macaroni and Cheese 312 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 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	7 Boneless Chicken Wings 215 cal - Parfait, Pineapple w/Cheese Stick 395 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 Apples 68 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 - Garlic Cheese Pizza 370 cal - Brown Rice 111 cal - Fresh Mini Sweet Peppers 13 cal - Potato Smiles 130 cal - Fresh Sliced Cucumbers 11 cal - Fresh Grape Tomato Salad 15 cal - Fresh Pineapple Spear 43 cal - Fresh Sliced Orange 66 cal	14 Breaded Chicken Drumstick 442 cal - Honey BBQ Rib on Bun 351 cal - Plant-Based Fiesta Salad w/ Hummus 302 cal - Hawaiian Roll 129 cal - Savory Herb Crackers 90 cal - Farm Fresh Corn Cobettes 97 cal - Steamed Spinach 96 cal - Fresh Apples 68 cal	15 Cheese Tortellini 199 cal - Meat Sauce 106 cal - Salad, Caesar 175 cal - Plant-Based Fiesta Wrap w/ Hummus 377 cal - Munchies Munch Mix Snack Mix 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 - Woodies 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	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	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	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	28 Cheeseburger on Bun 404 cal - Baked Corn dog 243 cal - Vegan Salad, w/ Garbanzo Beans 324 cal - Savory Herb Crackers 90 cal - Potato, Cajun Seasoned French Fries 104 cal - Baked Beans 150 cal - Fresh Sliced Orange 66 cal	29 No menu published	30 No menu published

Served every day

Milk