

LUNCH

OCTOBER 2026

Alonso High School

Hillsborough County Public Schools



Monday

Tuesday

Wednesday

Thursday

Friday

5

No menu published

6

No menu published

7

No menu published

8

No menu published

9

No menu published

12

NO SCHOOL TODAY!

13

CRISPY CHICKEN SANDWICH

- Spicy Chicken Sandwich 360 cal
- Tyson Chicken Corn Dog 300 cal
- Turkey Chef Salad with Corn Muffin 785 cal
- Fresh Cucumber Slices 7 cal
- Lean and Green Steamed Broccoli 32 cal

14

MINI CHEESY CALZONES

- Marinara Cup 15 cal
- Stadium Chicken Wings 235 cal
- Corn Muffin 220 cal
- Ybor City Salad with Cuban Toast 719 cal
- Mini Caesar Salad 19 cal
- Sweet Kernel Corn 112 cal

15

CLASSIC CHEESEBURGER

- Black Bean Burger 341 cal
- Firehouse Kielbasa Sub 313 cal
- Chicken Caesar Salad with Crackers 509 cal
- Lettuce, Tomato and Pickle Salad Cup 15 cal
- Northwest Veggie Blend 30 cal

16

CHICKEN CRUNCHERS

- Chicken Bite Mac & Cheese Bowl 470 cal
- Creamy Homemade Macaroni & Cheese 459 cal
- Dutch Waffle 330 cal
- Assorted Chef Salad 400 cal
- Fresh Baby Carrots 20 cal
- Sweet Peas 45 cal

19

FOUR CHEESE PIZZA SLICE

- Turkey-Beef Pepperoni Pizza Slice 360 cal
- Sunshine Tinga Rice Bowl 520 cal
- Assorted Chef Salad 400 cal
- Fresh Baby Carrots 20 cal
- Baked Sweet Plantains 130 cal

20

CRISPY CHICKEN SANDWICH

- Spicy Chicken Sandwich 360 cal
- Santa Fe Beef Tacos 423 cal
- Fire Roasted Black Bean Tacos 785 cal
- Turkey Chef Salad with Corn Muffin 785 cal
- Fresh Cucumber Slices with Tajin 7 cal
- Fire Roasted Black Beans 214 cal

21

CHEESE DETROIT-STYLE PIZZA

- Beef Pepperoni Detroit-Style Pizza 360 cal
- Orange Chicken with Yellow Rice 386 cal
- Ybor City Salad with Cuban Toast 719 cal
- Mini Caesar Salad 19 cal
- Lean and Green Steamed Broccoli 32 cal

22

CLASSIC CHEESEBURGER

- Black Bean Burger 341 cal
- Rockin' Butter Chicken on Queso Fries 436 cal
- Flat Bread 160 cal
- Chicken Caesar Salad with Crackers 509 cal
- Lettuce, Tomato and Pickle Salad Cup 15 cal
- Homestyle Fries 100 cal

23

SOUTHERN STYLE CHICKEN BITES

- Buffalo Chicken Bites 240 cal
- Corn Muffin 220 cal
- Cheesy Beef Fiesta Fold 410 cal
- Assorted Chef Salad 400 cal
- Fresh Baby Carrots 20 cal
- Sweet Kernel Corn 112 cal

26

FOUR CHEESE PIZZA SLICE

- Turkey-Beef Pepperoni Pizza Slice 360 cal
- Firehouse Kielbasa Sub 313 cal
- Assorted Chef Salad 400 cal
- Fresh Baby Carrots 20 cal
- Bush's Baked Beans 150 cal

27

CRISPY CHICKEN SANDWICH

- Spicy Chicken Sandwich 360 cal
- BBQ Beef Bowl with Corn Muffin 665 cal
- Turkey Chef Salad with Corn Muffin 785 cal
- Fresh Cucumber Slices with Tajin 7 cal
- Homestyle Fries 100 cal

28

MINI CHEESY CALZONES

- Marinara Cup 15 cal
- Teriyaki Chicken with Lo Mein 259 cal
- Ybor City Salad with Cuban Toast 719 cal
- Mini Caesar Salad 19 cal
- Northwest Veggie Blend 30 cal

29

CLASSIC CHEESEBURGER

- Black Bean Burger 341 cal
- Turkey Burrito Bowl 541 cal
- Chicken Caesar Salad with Crackers 509 cal
- Lettuce, Tomato and Pickle Salad Cup 15 cal
- Lean and Green Steamed Broccoli 32 cal

30

CHICKEN CRUNCHERS

- Fresh Baked Croissant 220 cal
- Chicken Parm Bowl 612 cal
- Pasta with Marinara and Cheese 447 cal
- Assorted Chef Salad 400 cal
- Fresh Baby Carrots 20 cal
- Italian Herbed Green Beans 45 cal
- Orange and Cream Frozen Fruit Sidekicks 90 cal