

East Region Adult School at Morgan High

Lunch · October 2026



Monday

Tuesday

Wednesday

Thursday

Friday

No menu published

No menu published

No menu published

No menu published

No menu published

No School Today!

Crispy Chicken Sandwich 360 cal
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

Mini Cheesy Calzones 320 cal
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

Classic Cheeseburger 425 cal
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

Chicken Crunchers 270 cal
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

Four Cheese Pizza Slice 360 cal
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

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

Cheese Detroit-Style Pizza 350 cal
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

Classic Cheeseburger 425 cal
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

Southern Style Chicken Bites 213 cal
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

Four Cheese Pizza Slice 360 cal
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

Crispy Chicken Sandwich 360 cal
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

Mini Cheesy Calzones 320 cal
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

Classic Cheeseburger 425 cal
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

Chicken Crunchers 270 cal
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