

LUNCH OCTOBER 2026

Freedom High School

Hillsborough County Public Schools



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 No menu published	6 No menu published	7 No menu published	8 Classic Cheeseburger 425 cal Black Bean Burger 341 cal Turkey Burrito Bowl 541 cal Fresh Cucumber Slices 7 cal Lean and Green Steamed Broccoli 32 cal	9 Chicken Crunchers 270 cal Fresh Baked Croissant 220 cal Chicken Parm Bowl 612 cal Fresh Baby Carrots 20 cal Italian Herbed Green Beans 45 cal
12 No School Today!	13 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	14 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	15 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	16 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
19 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	20 Crispy Chicken Sandwich 360 cal 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 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	22 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	23 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
26 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	27 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	28 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	29 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	30 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