

# LUNCH

## OCTOBER 2026

# Giunta Middle School

Hillsborough County Public Schools



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

|                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                   |
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|                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                | <p><b>1</b></p> <ul style="list-style-type: none"> <li>Classic Cheeseburger 425 cal</li> <li>Black Bean Burger 341 cal</li> <li>Turkey Burrito Bowl 541 cal</li> <li>Fresh Cucumber Slices 7 cal</li> <li>Lean and Green Steamed Broccoli 32 cal</li> </ul>                                                                                                | <p><b>2</b></p> <ul style="list-style-type: none"> <li>Chicken Crunchers 270 cal</li> <li>Fresh Baked Croissant 220 cal</li> <li>Chicken Parm Bowl 612 cal</li> <li>Fresh Baby Carrots 20 cal</li> <li>Italian Herbed Green Beans 45 cal</li> </ul>                                                                                                                                               |
| <p><b>5</b></p> <p>No menu published</p>                                                                                                                                                                                                                                                                                                        | <p><b>6</b></p> <p>No menu published</p>                                                                                                                                                                                                                                                                                                                          | <p><b>7</b></p> <p>No menu published</p>                                                                                                                                                                                                                                                                                                       | <p><b>8</b></p> <p>No menu published</p>                                                                                                                                                                                                                                                                                                                   | <p><b>9</b></p> <p>No menu published</p>                                                                                                                                                                                                                                                                                                                                                          |
| <p><b>12</b></p> <p>No School Today!</p>                                                                                                                                                                                                                                                                                                        | <p><b>13</b></p> <ul style="list-style-type: none"> <li>Crispy Chicken Sandwich 360 cal</li> <li>Spicy Chicken Sandwich 360 cal</li> <li>Tyson Chicken Corn Dog 300 cal</li> <li>Turkey Chef Salad with Corn Muffin 785 cal</li> <li>Fresh Cucumber Slices 7 cal</li> <li>Lean and Green Steamed Broccoli 32 cal</li> </ul>                                       | <p><b>14</b></p> <ul style="list-style-type: none"> <li>Mini Cheesy Calzones 320 cal</li> <li>Marinara Cup 15 cal</li> <li>Stadium Chicken Wings 235 cal</li> <li>Animal Crackers 120 cal</li> <li>Ybor City Salad with Cuban Toast 719 cal</li> <li>Mini Caesar Salad 19 cal</li> <li>Sweet Kernel Corn 112 cal</li> </ul>                    | <p><b>15</b></p> <ul style="list-style-type: none"> <li>Classic Cheeseburger 425 cal</li> <li>Black Bean Burger 341 cal</li> <li>All American Hot Dog 320 cal</li> <li>Firehouse Kielbasa Sub 313 cal</li> <li>Chicken Caesar Salad with Crackers 509 cal</li> <li>Lettuce, Tomato and Pickle Cup 15 cal</li> <li>Northwest Veggie Blend 30 cal</li> </ul> | <p><b>16</b></p> <ul style="list-style-type: none"> <li>Chicken Crunchers 270 cal</li> <li>Chicken Bite Mac &amp; Cheese Bowl 470 cal</li> <li>Creamy Homemade Macaroni &amp; Cheese 459 cal</li> <li>Dutch Waffle 330 cal</li> <li>Assorted Chef Salad 400 cal</li> <li>Fresh Baby Carrots 20 cal</li> <li>Sweet Peas 45 cal</li> </ul>                                                          |
| <p><b>19</b></p> <ul style="list-style-type: none"> <li>Four Cheese Pizza Slice 290 cal</li> <li>Turkey-Beef Pepperoni Pizza Slice 290 cal</li> <li>Sunshine Tinga Rice Bowl 520 cal</li> <li>Assorted Chef Salad 400 cal</li> <li>Fresh Baby Carrots 20 cal</li> <li>Baked Sweet Plantains 130 cal</li> </ul>                                  | <p><b>20</b></p> <ul style="list-style-type: none"> <li>Crispy Chicken Sandwich 360 cal</li> <li>Spicy Chicken Sandwich 360 cal</li> <li>Santa Fe Beef Tacos 423 cal</li> <li>Fire Roasted Black Bean Tacos 785 cal</li> <li>Turkey Chef Salad with Corn Muffin 785 cal</li> <li>Fresh Cucumber Slices 7 cal</li> <li>Fire Roasted Black Beans 214 cal</li> </ul> | <p><b>21</b></p> <ul style="list-style-type: none"> <li>Cheese Detroit-Style Pizza 350 cal</li> <li>Beef Pepperoni Detroit-Style Pizza 360 cal</li> <li>Orange Chicken with Yellow Rice 386 cal</li> <li>Ybor City Salad with Cuban Toast 719 cal</li> <li>Mini Caesar Salad 19 cal</li> <li>Lean and Green Steamed Broccoli 32 cal</li> </ul> | <p><b>22</b></p> <ul style="list-style-type: none"> <li>Classic Cheeseburger 425 cal</li> <li>Black Bean Burger 341 cal</li> <li>Rockin' Butter Chicken on Queso Fries 436 cal</li> <li>Chicken Caesar Salad with Crackers 509 cal</li> <li>Homestyle Fries 100 cal</li> <li>Lettuce, Tomato and Pickle Cup 15 cal</li> </ul>                              | <p><b>23</b></p> <ul style="list-style-type: none"> <li>Southern Style Chicken Bites 200 cal</li> <li>Buffalo Chicken Bites 200 cal</li> <li>Corn Muffin 220 cal</li> <li>Cheesy Beef Fiesta Fold 410 cal</li> <li>Assorted Chef Salad 400 cal</li> <li>Sweet Kernel Corn 112 cal</li> <li>Fresh Baby Carrots 20 cal</li> </ul>                                                                   |
| <p><b>26</b></p> <ul style="list-style-type: none"> <li>Four Cheese Pizza Slice 290 cal</li> <li>Turkey-Beef Pepperoni Pizza Slice 290 cal</li> <li>All American Hot Dog 320 cal</li> <li>Firehouse Kielbasa Sub 313 cal</li> <li>Assorted Chef Salad 400 cal</li> <li>Fresh Baby Carrots 20 cal</li> <li>Bush's Baked Beans 150 cal</li> </ul> | <p><b>27</b></p> <ul style="list-style-type: none"> <li>Crispy Chicken Sandwich 360 cal</li> <li>Spicy Chicken Sandwich 360 cal</li> <li>BBQ Beef Bowl with Corn Muffin 665 cal</li> <li>Turkey Chef Salad with Corn Muffin 785 cal</li> <li>Homestyle Fries 100 cal</li> <li>Fresh Cucumber Slices 7 cal</li> </ul>                                              | <p><b>28</b></p> <ul style="list-style-type: none"> <li>Mini Cheesy Calzones 320 cal</li> <li>Marinara Cup 40 cal</li> <li>Teriyaki Chicken with Lo Mein 259 cal</li> <li>Ybor City Salad with Cuban Toast 719 cal</li> <li>Mini Caesar Salad 19 cal</li> <li>Northwest Veggie Blend 30 cal</li> </ul>                                         | <p><b>29</b></p> <ul style="list-style-type: none"> <li>Classic Cheeseburger 425 cal</li> <li>Black Bean Burger 341 cal</li> <li>Turkey Burrito Bowl 541 cal</li> <li>Chicken Caesar Salad with Crackers 509 cal</li> <li>Lettuce, Tomato and Pickle Salad Cup 15 cal</li> <li>Lean and Green Steamed Broccoli 32 cal</li> </ul>                           | <p><b>30</b></p> <ul style="list-style-type: none"> <li>Chicken Crunchers 270 cal</li> <li>Fresh Baked Croissant 220 cal</li> <li>Chicken Parm Bowl 612 cal</li> <li>Pasta with Marinara and Cheese 447 cal</li> <li>Assorted Chef Salad 400 cal</li> <li>Italian Herbed Green Beans 45 cal</li> <li>Fresh Baby Carrots 20 cal</li> <li>Orange and Cream Frozen Fruit Sidekicks 90 cal</li> </ul> |