

LUNCH

OCTOBER 2026

Newsome 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** 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