



LUNCH

OCTOBER 2026

Rampello K-8 Magnet School

Hillsborough County Public Schools



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			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	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
5	6	7	8	9
No menu published	No menu published	No menu published	No menu published	No menu published
12	13	14	15	16
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 Animal Crackers 120 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 All American Hot Dog 320 cal Firehouse Kielbasa Sub 313 cal Chicken Caesar Salad with Crackers 509 cal Lettuce, Tomato and Pickle 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
19	20	21	22	23
FOUR CHEESE PIZZA SLICE 290 cal Turkey-Beef Pepperoni Pizza Slice 290 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 360 cal Turkey Chef Salad with Corn Muffin 785 cal Fresh Cucumber Slices 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 Chicken Caesar Salad with Crackers 509 cal Homestyle Fries 100 cal Lettuce, Tomato and Pickle Cup 15 cal	SOUTHERN STYLE CHICKEN BITES 200 cal Buffalo Chicken Bites 200 cal Corn Muffin 220 cal Cheesy Beef Fiesta Fold 410 cal Assorted Chef Salad 400 cal Sweet Kernel Corn 112 cal Fresh Baby Carrots 20 cal
26	27	28	29	30
FOUR CHEESE PIZZA SLICE 290 cal Turkey-Beef Pepperoni Pizza Slice 290 cal All American Hot Dog 320 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 Homestyle Fries 100 cal Fresh Cucumber Slices 7 cal	MINI CHEESY CALZONES 320 cal Marinara Cup 40 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 Italian Herbed Green Beans 45 cal Fresh Baby Carrots 20 cal Orange and Cream Frozen Fruit Sidekicks 90 cal

Menu data from Hillsborough County Public Schools, drawn by schoolmenuapp.com. Menu subject to change. Calories are per serving, as Hillsborough County Public Schools publishes them.

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