

LUNCH

OCTOBER 2026

Shield Middle School

Hillsborough County Public Schools



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

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

2

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

3

No menu published

4

No menu published

5

No menu published

6

No menu published

7

No menu published

8

No menu published

9

No menu published

10

No menu published

11

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

Animal Crackers

120 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

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

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

17

No menu published

18

No menu published

19

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

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

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

Chicken Caesar Salad with Crackers

509 cal

Homestyle Fries

100 cal

Lettuce, Tomato and Pickle Cup

15 cal

23

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

24

No menu published

25

No menu published

26

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

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

Homestyle Fries

100 cal

Fresh Cucumber Slices

7 cal

28

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

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

Italian Herbed Green Beans

45 cal

Fresh Baby Carrots

20 cal

Orange and Cream Frozen Fruit Sidekicks

90 cal