

LUNCH

OCTOBER 2026

Spoto High School

Hillsborough County Public Schools



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5 No menu published	6 No menu published	7 No menu published	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
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 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