

LUNCH

OCTOBER 2026

Stowers Elementary 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
-  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

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

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