

John A. Ferguson Senior High School

Lunch · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

No menu published

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- Cheeseburger** 390 cal
 Garlic French Bread Pizza 350 cal
 Sweet Potato Waffle 160 cal

- Chicken Breast Sandwich** 363 cal
 Fruit Platter w/Yogurt 645 cal
 Lettuce Mixed Florida Fresh Salad 14 cal
 Black Beans, Vegetarian 133 cal

- Beefaroni** 313 cal
 Pizza Sticks w/Spaghetti Sauce 456 cal
 Steamed Green Beans 19 cal
 Bread Stick Focaccia w/Parmesan Topping 180 cal

- Asian Glazed Chicken** 230 cal
 Vegan Chik'n Nuggets 170 cal
 Lettuce Mixed Florida Fresh Salad 14 cal
 Crinkle Sweet Potato Fries 100 cal
 Yellow Rice 53 cal

- Pizza, 4-Cheese Primo** 350 cal
 Chicken Wrap 233 cal
 Pizza, Turkey Pepperoni, Starz Tots 237 cal
 82 cal

- Corndog, Chicken** 240 cal
 Grilled Cheese Sandwich 340 cal
 Crinkle Sweet Potato Fries 100 cal

- Roasted Chicken** 207 cal
 Breaded Beef Bites 207 cal
 Lettuce Mixed Florida Fresh Salad 14 cal
 Sweet Potato Wedges 100 cal
 Mac and Cheese 383 cal

- Arroz Con Pollo** 300 cal
 Zesty 4 Cheese bites 70 cal
 Plantains Maduros 130 cal

- Turkey Taco** 82 cal
 Veggie Burger 150 cal
 La Fiesta Salad 60 cal
 Baked Beans 209 cal
 Fritos Corn Chips 240 cal
 Brown Rice 170 cal

- Pizza Cheese 6"** 318 cal
 Pizza Pepperoni 360 cal
 Broccoli Normandy 26 cal

- Mozzarella Cheese Sticks** 400 cal
 Louisiana Chicken Fillet on WG/Bun 360 cal
 Sweet Potato Waffle 160 cal

- Mandarin Orange Chicken** 150 cal
 Garlic French Bread Pizza 350 cal
 Lettuce Mixed Florida Fresh Salad 14 cal
 Broccoli Florets 26 cal
 Brown Rice 170 cal

- Picadillo** 233 cal
 Bosco Breadstick 300 cal
 Black Beans, Vegetarian 133 cal
 Brown Rice 170 cal

- Breaded Chicken Drumsticks** 304 cal
 Veggie Buffalo Wings 253 cal
 Lettuce Mixed Florida Fresh Salad 14 cal
 Mashed Potatoes 140 cal
 WG Dinner Roll 163 cal

- Tubito's Pizza** 370 cal
 Wild Salmon Nuggets 260 cal
 Pizza Pepperoni Turkey 6" 310 cal
 Creamy Coleslaw 74 cal
 Hushpuppies 225 cal

Served every day

- Assorted Fresh Fruit