

LUNCH

OCTOBER 2026

Avalon Middle School

Orange County Public Schools

Monday	Tuesday	Wednesday	Thursday	Friday
			1 SANDWICH, MEATBALL SUB 458 cal Grilled Cheese Sandwich 309 cal 24 Hour Zesty Pickles 41 cal Garlic Spinach 94 cal	2 SWEET AND SPICY CHICKEN SANDWICH 411 cal WG Cheese Pizza 376 cal WG Pepperoni Pizza 403 cal Roasted Glazed Carrots 74 cal Sweet Waffle Potato 150 cal Red Delicious Apple 75 cal
5 POPCORN CHICKEN WITH MAC AND CHEESE 474 cal Breaded Mozzarella Sticks 411 cal Shredded Lettuce Cup 10 cal Harvest Treats Veg Juice - SD 50 cal Strawberry Cup 80 cal	6 NACHOS WITH CARNE ASADA & CHEESE 516 cal Grilled Cheese Sandwich 309 cal Sweet Waffle Potato 150 cal Seasoned Black Beans 144 cal Applesauce, Blue Razzleberry 4.5 oz 50 cal	7 RANCH CHICKEN WINGS, 4 EACH 473 cal PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal Seasoned Crispy Fries 81 cal Celery Sticks 1/2 c. 60 cal Peach Cup 90 cal	8 CHICKEN TENDERS WITH SWEET BRAZILIAN BUN, MS/HS 400 cal Potatoes, Mashed 70 cal Fresh Cold Broccoli Salad 141 cal	9 TANGERINE CHICKEN 219 cal WG Cheese Pizza 376 cal Tomato and Basil Bianca Pizza 429 cal Mandarin Carrot Slaw 67 cal Italian Blend Vegetables 71 cal Tangelos, Fresh 47 cal Red Delicious Apple 75 cal
12 No menu published	13 EISENBERG BEEF HOT DOG ON WG BUN 320 cal Breaded Mozzarella Sticks 400 cal Seasoned Black Beans 144 cal Applesauce, Strawberry 4.5 oz 50 cal	14 BBQ CHICKEN DRUMSTICK 227 cal Spicy Breaded Chicken Sandwich 340 cal Cheese Pizza Rippers 260 cal Dinner Roll 110 cal 24 Hour Zesty Pickles 41 cal Garlic Spinach 94 cal Diced Peach Cup 70 cal	15 SPAGHETTI W/ MEATBALLS 384 cal PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal Dark Green Side Salad 21 cal Red Delicious Apple 75 cal	16 CHEESEBURGER 410 cal WG Cheese Pizza 426 cal WG Pepperoni Pizza 403 cal Lettuce & Tomato Cup 16 cal Steamed Corn, 1/2 cup 108 cal Raisels 27 cal
19 POPCORN CHICKEN WITH MAC AND CHEESE 503 cal Breaded Mozzarella Sticks 400 cal Fresh Steamed Broccoli 54 cal Applesauce, Strawberry 4.5 oz 50 cal	20 SEASONED RICE CUBAN STYLE MOJO PORK BOWL 371 cal Grilled Cheese Sandwich 309 cal Sweet Plantain Slices 262 cal Celery Sticks 1/2 c. 60 cal Applesauce, Strawberry 4.5 oz 50 cal Pineapple, Wedges Frozen 30 cal	21 RANCH CHICKEN WINGS, 4 EACH 473 cal PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal Sweet Brazilian Bun 170 cal Sweet Waffle Potato 150 cal Seasoned Black Beans 144 cal Cucumber-1c 16 cal Fresh Apple Slices 30 cal	22 CHICKEN TENDERS WITH SWEET BRAZILIAN BUN, MS/HS 400 cal Turkey Sausage & Cheese on Hamburger Bun 271 cal Potatoes, Mashed 48 cal	23 TANGERINE CHICKEN 219 cal WG Cheese Pizza 426 cal Tomato and Basil Bianca Pizza 429 cal Vegetable Fried Brown Rice 270 cal Mandarin Carrot Slaw 67 cal Tomato Dippers 25 cal Golden Delicious Apple 75 cal
26 BREADED MOZZARELLA STICKS 400 cal Mango Splash Vegetable Juice 60 cal Applesauce, Strawberry 4.5 oz 50 cal	27 GRILLED CHEESE SANDWICH 309 cal Two California Chicken Tacos 393 cal Salsa Dipping Cup 25 cal Celery Sticks 1/2 c. 60 cal Pineapple, Wedges Frozen 30 cal Applesauce, Cinnamon 4.5 oz 90 cal	28 HERB ROASTED CHICKEN 174 cal WG Buffalo Chicken Pizza 414 cal WG Cheese Pizza 426 cal Lettuce & Tomato Cup 16 cal Seasoned Black Beans 144 cal Strawberry Cup 80 cal	29 SANDWICH, MEATBALL SUB 458 cal Impossible Burger 311 cal Garlic Spinach 94 cal	30 SEASONAL SHAPED NUGGETS W/SWEET BRAZILIAN BUN 350 cal Spicy Breaded Chicken Sandwich 340 cal Seasoned Crispy Fries 81 cal Coleslaw 130 cal Fresh Apple Slices 30 cal

Served every day:
Assorted Milk

Menu data from Orange County Public Schools, drawn by myschoolmenu.net. Menu subject to change. Calories are per serving, as Orange County Public Schools publishes them.