

Monday

Tuesday

Wednesday

Thursday

Friday

5

|                              |         |
|------------------------------|---------|
| <b>POPCORN CHICKEN</b>       | 203 cal |
| Breaded Chicken Nuggets      | 330 cal |
| PBJ, 2.6 oz & Cheese         | 380 cal |
| Potatoes, Mashed             | 70 cal  |
| Peas & Carrots               | 103 cal |
| Strawberry Kiwi Juice        | 60 cal  |
| Fruit Juice Blend            | 60 cal  |
| Apple Juice                  | 60 cal  |
| Orange Juice                 | 60 cal  |
| Breaded Chicken Tenders, K-8 | 280 cal |

6

|                                                           |         |
|-----------------------------------------------------------|---------|
| <b>TURKEY BARBACOA BIRRIA SOFT TACOS W/SHREDDED CHEES</b> | 391 cal |
| Turkey Barbacoa Birria Nachos w/shredded cheese           | 414 cal |
| Yogurt, Cheese, w/ Banana Bread Plate                     | 430 cal |
| Pinto Beans, 1/2 cup                                      | 163 cal |
| Salsa Dipping Cup                                         | 25 cal  |
| Pinto Beans                                               | 163 cal |
| Peach Cup                                                 | 90 cal  |
| Strawberry Cup                                            | 80 cal  |
| Mixed Berry Fruit Cup                                     | 90 cal  |
| Two Soft Turkey Tacos w/ Cheese                           | 248 cal |

7

|                                       |         |
|---------------------------------------|---------|
| <b>GRILLED CHEESE SANDWICH</b>        | 309 cal |
| Buttermilk Pancakes w/ Turkey Sausage | 300 cal |
| Egg, Muffin, Cheese, & Apples Box     | 420 cal |
| Tater Tots                            | 113 cal |
| Coleslaw                              | 130 cal |
| Fresh Tangerine                       | 40 cal  |
| Fresh Apple Slices                    | 30 cal  |
| Red Delicious Apple                   | 75 cal  |

8

|                                               |         |
|-----------------------------------------------|---------|
| <b>MAC AND CHEESE</b>                         | 372 cal |
| Spaghetti w/ Meatballs                        | 394 cal |
| Grilled Chicken Breast Salad                  | 196 cal |
| Popcorn Chicken with Mac and Cheese           | 474 cal |
| Spaghetti & Meatballs with Garlic Bread Stick | 378 cal |
| Garlic Spinach                                | 94 cal  |
| Garden Side Salad                             | 16 cal  |
| Strawberry Kiwi Juice                         | 60 cal  |
| Fruit Juice Blend                             | 60 cal  |
| Apple Juice                                   | 60 cal  |
| Orange Juice                                  | 60 cal  |

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|                                                    |         |
|----------------------------------------------------|---------|
| <b>FOUR CHEESE PIZZA WEDGE</b>                     | 330 cal |
| Breaded Mozzarella Sticks                          | 411 cal |
| Bento Box w/Pepperoni, Cheese, Marinara, Flatbread | 476 cal |
| Four Cheese Pepperoni Pizza, WW                    | 363 cal |
| Harvest Treats Veg Juice                           | 50 cal  |
| Harvest Treats Veg Juice - SD                      | 50 cal  |
| Fresh Tangerine                                    | 40 cal  |
| Fresh Apple Slices                                 | 30 cal  |
| Red Delicious Apple                                | 75 cal  |
| Strawberry Cup                                     | 80 cal  |
| Mixed Berry Fruit Cup                              | 90 cal  |
| Applesauce 4.5 oz                                  | 60 cal  |

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No menu published

13

|                                   |         |
|-----------------------------------|---------|
| <b>HERB ROASTED CHICKEN THIGH</b> | 344 cal |
| Yogurt & Cheese Cool Pack         | 390 cal |
| Sweet Brazilian Bun               | 170 cal |
| Sweet Plantain Slices             | 262 cal |
| Golden Sun Splash Vegetable Juice | 40 cal  |
| Applesauce 4.5 oz                 | 60 cal  |

14

|                          |         |
|--------------------------|---------|
| <b>HAMBURGER, 2.0 OZ</b> | 304 cal |
| Cheeseburger             | 339 cal |
| PBJ Sandwich Box         | 480 cal |
| Vegetarian Baked Beans   | 192 cal |
| 24 Hour Zesty Pickles    | 41 cal  |
| Fresh Apple Slices       | 30 cal  |

15

|                                            |         |
|--------------------------------------------|---------|
| <b>TANGERINE CHICKEN</b>                   | 219 cal |
| Popcorn Chicken Salad                      | 274 cal |
| Vegetable Fried Brown Rice, 1/2 cup        | 135 cal |
| Fresh Broccoli Dippers with Ranch Dressing | 60 cal  |
| Cucumber Salad                             | 49 cal  |
| Fruit Juice Blend                          | 60 cal  |

16

|                          |         |
|--------------------------|---------|
| <b>PIZZABOLI</b>         | 309 cal |
| Turkey & American on Bun | 251 cal |
| Shredded Lettuce Cup     | 10 cal  |
| Fresh Apple Slices       | 30 cal  |

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|                                       |         |
|---------------------------------------|---------|
| <b>CALZONE, CHEESEBURGER</b>          | 310 cal |
| Yogurt, Cheese, w/ Banana Bread Plate | 430 cal |
| Salsa Dipping Cup                     | 25 cal  |
| Carrot Dippers with Ranch Dressing    | 81 cal  |
| Fruit Juice Blend                     | 60 cal  |
| Strawberry Kiwi Juice                 | 60 cal  |

20

|                              |         |
|------------------------------|---------|
| <b>CUBAN STYLE MOJO PORK</b> | 205 cal |
| PBJ, 2.6 oz & Cheese         | 380 cal |
| Seasoned Brown Rice, 1/2 cup | 166 cal |
| Mini Loaf Banana             | 161 cal |
| Pinto Beans, 1/2 cup         | 163 cal |
| Sweet Plantain Slices        | 262 cal |
| Pinto Beans                  | 163 cal |
| Applesauce 4.5 oz            | 60 cal  |
| Tangerine Chicken            | 219 cal |

21

|                                                              |         |
|--------------------------------------------------------------|---------|
| <b>SCRAMBLED EGGS WITH CHEESE &amp; FRENCH TOAST PLATTER</b> | 320 cal |
| Egg, Muffin, Cheese, & Apples Box                            | 420 cal |
| Garlic Spinach                                               | 94 cal  |
| Harvest Treats Veg Juice                                     | 50 cal  |
| Harvest Treats Veg Juice - SD                                | 50 cal  |
| Fresh Apple Slices                                           | 30 cal  |

22

|                                                  |         |
|--------------------------------------------------|---------|
| <b>CHEF SALAD W/TURKEY, EGG &amp; WG CRACKER</b> | 299 cal |
| Breaded Chicken Breast Tenders                   | 230 cal |
| Potatoes, Mashed                                 | 48 cal  |
| Shredded Lettuce Cup                             | 10 cal  |
| Orange Juice                                     | 60 cal  |

23

|                                |         |
|--------------------------------|---------|
| <b>FOUR CHEESE PIZZA SLICE</b> | 330 cal |
| Turkey & American Croissant    | 301 cal |
| Italian Blend Vegetables       | 71 cal  |
| Strawberry Cup                 | 80 cal  |

26

|                           |         |
|---------------------------|---------|
| <b>MEATBALL PIZZA SUB</b> | 413 cal |
| PBJ Sandwich Box          | 480 cal |
| Emoji Fries               | 130 cal |
| Apple Juice               | 60 cal  |
| Hamburger, 2.0 oz         | 304 cal |
| Cheeseburger              | 339 cal |

27

|                              |         |
|------------------------------|---------|
| <b>TANGERINE CHICKEN</b>     | 219 cal |
| Hummus Cup Platter           | 298 cal |
| Brown Rice                   | 109 cal |
| Salsa Dipping Cup            | 25 cal  |
| Mango Splash Vegetable Juice | 60 cal  |
| Strawberry Cup               | 80 cal  |

28

|                                            |         |
|--------------------------------------------|---------|
| <b>6" PERSONAL CHEESE PIZZA</b>            | 328 cal |
| Turkey & American Sub                      | 311 cal |
| Fresh Broccoli Dippers with Ranch Dressing | 60 cal  |
| Fresh Apple Slices                         | 30 cal  |

29

|                                  |         |
|----------------------------------|---------|
| <b>CHICKEN CORN DOG</b>          | 250 cal |
| Chicken Fajita Salad w/Flatbread | 426 cal |
| Vegetarian Baked Beans           | 192 cal |
| Coleslaw                         | 130 cal |
| Orange Juice                     | 60 cal  |

30

|                                |         |
|--------------------------------|---------|
| <b>SEASONAL SHAPED NUGGETS</b> | 180 cal |
| Egg, Cheese & Flatbread Box    | 290 cal |
| Steamed Corn, 1/2 cup          | 108 cal |
| Shredded Lettuce Cup           | 10 cal  |
| Fresh Apple Slices             | 30 cal  |

Served every day:

Assorted Milk

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

MenuViewer