

Monday

Tuesday

Wednesday

Thursday

Friday

5	
POPCORN CHICKEN WITH MAC AND CHEESE 474 cal	
Chicken Waffles sandwich 377 cal	
Black Forest Ham & Cheddar Sandwich 290 cal	
Breaded Mozzarella Sticks 411 cal	
Mango Splash Vegetable Juice 60 cal	
Harvest Treats Veg Juice 50 cal	
Shredded Lettuce Cup 10 cal	
Harvest Treats Veg Juice - SD 50 cal	
Strawberry Cup 80 cal	
Applesauce, Strawberry 4.5 oz 50 cal	

6	
PHILLY CHEESE STEAK SANDWICH 605 cal	
Philly Cheese Steak Peppers & Onions Sandwich 612 cal	
Nachos with Carne Asada & Cheese 516 cal	
Butterball Turkey Hot Dog on WG Bun 270 cal	
Eisenberg Beef Hot Dog on WG Bun 320 cal	
Grilled Cheese Sandwich 309 cal	
Sweet Waffle Potato 150 cal	
Seasoned Black Beans 144 cal	
Pinto Beans, 1/2 cup 163 cal	
Pinto Beans 163 cal	
Applesauce, Birthday Cake 4.5 oz 70 cal	
Applesauce, Blue Razzleberry 4.5 oz 50 cal	

7	
BUFFALO CHICKEN WINGS, 4 EACH 462 cal	
Ranch Chicken Wings, 4 each 473 cal	
WG Cheese Pizza 376 cal	
WG Pepperoni Pizza 403 cal	
PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal	
Sweet Brazilian Bun 170 cal	
Seasoned Crispy Fries 81 cal	
Celery Sticks 1/2 c. 60 cal	
Harvest Treats Veg Juice - SD 50 cal	
Pineapple, Wedges Frozen 30 cal	
Peach Cup 90 cal	
Fresh Apple Slices 30 cal	
Orange Wedges 76 cal	

8	
CHICKEN TENDERS WITH SWEET BRAZILIAN BUN, MS/HS 400 cal	
Breaded Drumstick with Sweet Brazilian Bun 380 cal	
Turkey Sausage & Cheese on Hamburger Bun 271 cal	
Potatoes, Mashed 70 cal	
Fresh Cold Broccoli Salad 141 cal	
Banana, fresh 146 cal	
Tangelos, Fresh 47 cal	
Red Delicious Apple 75 cal	
Fruit Juice Blend 60 cal	
Apple Juice 60 cal	

9	
TANGERINE CHICKEN 219 cal	
Asian Teriyaki Chicken 180 cal	
WG Cheese Pizza 376 cal	
Tomato and Basil Bianca Pizza 429 cal	
Bento Box with Pepperoni & Cheese 349 cal	
Vegetable Fried Brown Rice, 1/2 cup 140 cal	
Mandarin Carrot Slaw 67 cal	
Italian Blend Vegetables 71 cal	
Pineapple, Wedges Frozen 30 cal	
Banana, fresh 146 cal	
Tangelos, Fresh 47 cal	
Red Delicious Apple 75 cal	
Golden Delicious Apple 75 cal	
Fresh Tangerine 40 cal	

12	
No menu published	

13	
BUTTERBALL TURKEY HOT DOG ON WG BUN 270 cal	
Breaded Mozzarella Sticks 400 cal	
Sandwich, Cheese 330 cal	
Croissant 403 cal	
Seasoned Black Beans 144 cal	
Applesauce, Strawberry 4.5 oz 50 cal	
Applesauce, Cinnamon 90 cal	

14	
BBQ CHICKEN DRUMSTICK 227 cal	
WG Buffalo Chicken Pizza 414 cal	
Spicy Breaded Chicken Sandwich 340 cal	
WG Pepperoni Pizza 403 cal	
Dinner Roll 110 cal	
24 Hour Zesty Pickles 41 cal	
Garlic Spinach 94 cal	
Peach Cup 90 cal	

15	
SPAGHETTI W/ MEATBALLS 384 cal	
PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal	
Bento Box w/Pepperoni, Cheese, Marinara, Flatbread 386 cal	
Breaded Chicken Sandwich 340 cal	
Dark Green Side Salad 21 cal	
Fresh Apple Slices 30 cal	
Dressing, Ranch 0.75 50 cal	

16	
HAMBURGER, 3.0 OZ 375 cal	
Cheeseburger 410 cal	
WG Cheese Pizza 426 cal	
WG Pepperoni Pizza 403 cal	
PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal	
Lettuce & Tomato Cup 16 cal	
Seasoned Crispy Fries 81 cal	
Orange Wedges 76 cal	
Fresh Red Apple 77 cal	

19	
POPCORN CHICKEN WITH MAC AND CHEESE 503 cal	
Breaded Mozzarella Sticks 400 cal	
Fresh Steamed Broccoli 54 cal	
Strawberry Cup 80 cal	
Applesauce, Strawberry 4.5 oz 50 cal	

20	
PHILLY CHEESE STEAK PEPPERS & ONIONS RICE BOWL 586 cal	
Grilled Cheese Sandwich 309 cal	
Breaded Chicken Sandwich 340 cal	
Sweet Plantain Slices 262 cal	
Celery Sticks 1/2 c. 60 cal	
Pineapple, Wedges Frozen 30 cal	
Peach Cup 90 cal	

21	
BUFFALO CHICKEN WINGS, 4 EACH 455 cal	
Ranch Chicken Wings, 4 each 473 cal	
WG Cheese Pizza 426 cal	
WG Pepperoni Pizza 403 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	
Pinto Beans 163 cal	
Apple Juice 50 cal	
Fresh Apple Slices 30 cal	
Orange Wedges 76 cal	

22	
CHICKEN TENDERS WITH SWEET BRAZILIAN BUN, MS/HS 400 cal	
Breaded Drumstick with Sweet Brazilian Bun 380 cal	
Turkey Sausage & Cheese on Hamburger Bun 271 cal	
Turkey & Cheese Pinwheel Box 408 cal	
Potatoes, Mashed 48 cal	
Mango Splash Vegetable Juice 60 cal	
Harvest Treats Veg Juice 50 cal	
Banana, fresh 146 cal	
Tangelos, Fresh 47 cal	
Red Delicious Apple 75 cal	

23	
TANGERINE CHICKEN 219 cal	
Asian Teriyaki Chicken 180 cal	
WG Cheese Pizza 426 cal	
Tomato and Basil Bianca Pizza 429 cal	
Turkey Sausage & Cheese on Biscuit 321 cal	
Brown Rice 109 cal	
Mandarin Carrot Slaw 67 cal	
TomatoDippers 25 cal	
Fresh Apple Slices 30 cal	
Golden Delicious Apple 75 cal	
Fresh Tangerine 40 cal	

26	
BLACK FOREST HAM & CHEDDAR SANDWICH 290 cal	
WG Cheese Pizza 426 cal	
WG Pepperoni Pizza 403 cal	
Breaded Mozzarella Sticks 400 cal	
Mango Splash Vegetable Juice 60 cal	
Harvest Treats Veg Juice 50 cal	
Strawberry Cup 80 cal	
Applesauce, Strawberry 4.5 oz 50 cal	

27	
CALIFORNIA CHICKEN BURRITO 454 cal	
Two California Chicken Tacos 393 cal	
Grilled Cheese Sandwich 309 cal	
Bento Box with Hard Boiled Eggs 297 cal	
Salsa Dipping Cup 25 cal	
Celery Sticks 1/2 c. 60 cal	
Seasoned Black Beans Frozen 30 cal	
Applesauce, Cinnamon 90 cal	

28	
BBQ CHICKEN DRUMSTICK 227 cal	
Herb Roasted Chicken 174 cal	
Beef Philly Steak Pizza 519 cal	
WG Buffalo Chicken Pizza 414 cal	
PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal	
Brown Rice 109 cal	
Lettuce & Tomato Cup 16 cal	
Seasoned Black Beans 144 cal	
Pinto Beans, 1/2 cup 163 cal	
Pinto Beans 163 cal	
Diced Pear Cup 70 cal	
Strawberry Cup 80 cal	

29	
SANDWICH, MEATBALL SUB 458 cal	
Vegetarian Penne Pasta with Bread Stick 415 cal	
Impossible Burger 311 cal	
Bento Box w/Pepperoni, Cheese, Marinara, Flatbread 386 cal	
Garlic Spinach 94 cal	
Fresh Apple Slices 30 cal	
Banana, fresh 146 cal	
Golden Delicious Apple 75 cal	

30	
SEASONAL SHAPED NUGGETS W/SWEET BRAZILIAN BUN 350 cal	
Chicken Salad on Croissant 310 cal	
WG Cheese Pizza 426 cal	
Tomato and Basil Bianca Pizza 429 cal	
Breaded Chicken Sandwich 340 cal	
Spicy Breaded Chicken Sandwich 340 cal	
Seasoned Crispy Fries 81 cal	
Coleslaw 130 cal	
Pineapple, Wedges Frozen 30 cal	
Tangelos, Fresh 47 cal	
Red Delicious Apple 75 cal	
Fresh Apple Slices 30 cal	
Orange Wedges 76 cal	
Banana, fresh 146 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.