

LUNCH

OCTOBER 2026

Conway Middle School

Orange County Public Schools



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

★	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

★	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

★	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

★	Sandwich, Meatball Sub 458 cal
	Grilled Cheese Sandwich 309 cal
	24 Hour Zesty Pickles 41 cal
	Garlic Spinach 94 cal
	Banana, fresh 146 cal

★	Sweet and Spicy Chicken Sandwich 411 cal
	Stuffed Cheesy Breadstick 300 cal
	Roasted Glazed Carrots 74 cal
	Sweet Waffle Potato 150 cal
	Tangelos, Fresh 47 cal

★	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

★	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

★	No menu published
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★	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

★	Herb Roasted Chicken 174 cal
	Breaded Chicken Sandwich 340 cal
	Spicy Breaded Chicken Sandwich 340 cal
	Dinner Roll 110 cal
	24 Hour Zesty Pickles 41 cal
	Garlic Spinach 94 cal
	Pineapple, Wedges Frozen 30 cal

★	Spaghetti w/ Meatballs 384 cal
	PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal
	Dark Green Side Salad 21 cal
	Banana, fresh 146 cal

★	Black Forest Ham & Cheddar Sandwich 290 cal
	WG Cheese Pizza 426 cal
	WG Pepperoni Pizza 403 cal
	Lettuce & Tomato Cup 16 cal
	Seasoned Crispy Fries 81 cal
	Raisels 27 cal

★	Chicken Waffles sandwich 354 cal
	Breaded Mozzarella Sticks 400 cal
	Fresh Steamed Broccoli 54 cal
	Applesauce, Strawberry 4.5 oz 50 cal

★	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
	Pineapple, Wedges Frozen 30 cal

★	Buffalo Chicken Wings, 4 each 455 cal
	WG Cheese Pizza 426 cal
	WG Pepperoni Pizza 403 cal
	Sweet Brazilian Bun 170 cal
	Sweet Waffle Potato 150 cal
	Seasoned Black Beans 144 cal
	Fresh Apple Slices 30 cal

★	Chicken Tenders with Sweet Brazilian Bun, MS/HS 400 cal
	Turkey Sausage & Cheese on Hamburger Bun 271 cal
	Potatoes, Mashed 48 cal
	Mango Splash Vegetable Juice 60 cal
	Banana, fresh 146 cal

★	Tangerine Chicken 219 cal
	Turkey Sausage & Cheese on Biscuit 321 cal
	Vegetable Fried Brown Rice, 1/2 cup 135 cal
	Mandarin Carrot Slaw 67 cal
	TomatoDippers 25 cal
	Fresh Tangerine 40 cal

★	Black Forest Ham & Cheddar Sandwich 290 cal
	Breaded Mozzarella Sticks 400 cal
	Mango Splash Vegetable Juice 60 cal
	Applesauce, Strawberry 4.5 oz 50 cal

★	Two California Chicken Tacos 393 cal
	Grilled Cheese Sandwich 309 cal
	Salsa Dipping Cup 25 cal
	Celery Sticks 1/2 c. 60 cal
	Pineapple, Wedges Frozen 30 cal

★	Herb Roasted Chicken 174 cal
	PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal
	Brown Rice 109 cal
	Lettuce & Tomato Cup 16 cal
	Seasoned Black Beans 144 cal
	Diced Pear Cup 70 cal

★	Sandwich, Meatball Sub 458 cal
	Bento Box w/Pepperoni, Cheese, Marinara, Flatbread 386 cal
	Garlic Spinach 94 cal
	Banana, fresh 146 cal

★	Seasonal Shaped Nuggets w/Sweet Brazilian Bun 350 cal
	Breaded Chicken Sandwich 340 cal
	Spicy Breaded Chicken Sandwich 340 cal
	Seasoned Crispy Fries 81 cal
	Coleslaw 130 cal
	Tangelos, Fresh 47 cal

EVERY DAY

Assorted Milk

Menu subject to change.