

Cypress Springs Elementary School

Lunch · October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Corn Dog 250 cal Butterball Turkey Hot Dog on WG Bun 270 cal Eisenberg Beef Hot Dog on WG Bun 320 cal Chicken Fajita Salad w/ Flatbread 426 cal Breaded Chicken Sandwich 340 cal Spicy Breaded Chicken Sandwich 340 cal Vegetarian Baked Beans 192 cal Coleslaw 130 cal Strawberry Kiwi Juice 60 cal Fruit Juice Blend 60 cal Apple Juice 60 cal Orange Juice 60 cal Hamburger, 2.0 oz 304 cal Cheeseburger 339 cal Impossible Burger 311 cal	2 6" Personal Cheese Pizza 328 cal Garlic French Bread Cheese Pizza 383 cal Turkey & American Sub 311 cal Four Cheese Pepperoni Pizza, WW 363 cal Fresh Steamed Broccoli 54 cal Fresh Broccoli Dippers with Ranch Dressing 60 cal Fresh Apple Slices 30 cal Pineapple, Wedges Frozen 30 cal Orange Wedges 76 cal Applesauce, Strawberry 4.5 oz 50 cal Strawberry Cup 80 cal Peach Cup 90 cal Mixed Berry Fruit Cup 90 cal
5 Popcorn Chicken 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 Turkey Barbacoa Birria Soft Tacos w/shredded cheese 391 cal Turkey Barbacoa 414 cal Birria Nachos w/shredded cheese 430 cal Yogurt, Cheese, w/ Banana Bread Plate 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 Grilled Cheese Sandwich 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 Mac and Cheese 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	9 Four Cheese Pizza Wedge 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
12 No menu published	13 Herb Roasted Chicken Thigh 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, Birthday Cake 4.5 oz 70 cal	14 Hamburger, 2.0 oz 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 Tangerine Chicken 219 cal Popcorn Chicken Salad 274 cal Vegetable Fried Brown Rice, 1/2 cup 135 cal Fresh Steamed Broccoli 54 cal Cucumber Salad 49 cal Strawberry Kiwi Juice 60 cal	16 PizzaBoli 309 cal Turkey & American on Bun 251 cal Garden Side Salad 16 cal Applesauce 4.5 oz 60 cal
19 Empanada, Chicken Enchilada 303 cal Yogurt, Cheese, w/ Banana Bread Plate 430 cal Salsa Dipping Cup 25 cal Carrot Dippers with Ranch Dressing 81 cal Strawberry Kiwi Juice 60 cal	20 Cuban Style Mojo Pork 205 cal PBJ, 2.6 oz & Cheese 380 cal Seasoned Brown Rice, 1/2 cup 166 cal Pinto Beans, 1/2 cup 163 cal Sweet Plantain Slices 262 cal Pinto Beans 163 cal Applesauce, Strawberry 4.5 oz 50 cal Seasoned Chicken Fajita 176 cal Asian Teriyaki Chicken 180 cal Tangerine Chicken 219 cal Applesauce 4.5 oz 60 cal Diced Pear Cup 70 cal	21 Scrambled Eggs with Cheese & French Toast Platter 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 Breaded Chicken Nuggets 267 cal Chef Salad w/Turkey, Egg & WG Cracker 299 cal Potatoes, Mashed 48 cal Garden Side Salad 16 cal Strawberry Kiwi Juice 60 cal	23 Four Cheese Pizza Slice 330 cal Four Cheese Pepperoni Slice 363 cal Turkey & American Croissant 301 cal Italian Blend Vegetables 71 cal Diced Peach Cup 70 cal
26 Meatball Pizza Sub 413 cal PBJ Sandwich Box 480 cal Emoji Fries 130 cal Salsa Dipping Cup 25 cal Strawberry Kiwi Juice 60 cal Hamburger, 2.0 oz 304 cal	27 Tangerine Chicken 219 cal Seasoned Chicken 177 cal Fajita 298 cal Hummus Cup Platter 150 cal Chicken Egg Roll 109 cal Brown Rice 67 cal Warm 6" Tortilla 70 cal Mandarin Carrot Slaw 25 cal Salsa Dipping Cup 25 cal Mango Splash Vegetable Juice 60 cal Strawberry Cup 80 cal Peach Cup 90 cal Mixed Berry Fruit Cup 90 cal	28 6" Personal Cheese Pizza 328 cal Garlic French Bread Cheese Pizza 383 cal Turkey & American Sub 311 cal Fresh Steamed Broccoli 54 cal Fresh Broccoli Dippers with Ranch Dressing 60 cal Fresh Apple Slices 30 cal Pineapple, Wedges Frozen 30 cal Orange Wedges 76 cal Applesauce, Strawberry 4.5 oz 50 cal	29 Chicken Corn Dog 250 cal Butterball Turkey Hot Dog on WG Bun 270 cal Eisenberg Beef Hot Dog on WG Bun 320 cal Chicken Fajita Salad w/ Flatbread 426 cal Breaded Chicken Sandwich 340 cal Spicy Breaded Chicken Sandwich 340 cal Vegetarian Baked Beans 192 cal Coleslaw 130 cal Strawberry Kiwi Juice 60 cal Fruit Juice Blend 60 cal Apple Juice 60 cal Orange Juice 60 cal	30 Seasonal Shaped Nuggets 180 cal Egg, Cheese & Flatbread Box 290 cal Four Cheese Pepperoni Slice 363 cal Steamed Corn, 1/2 cup 108 cal Garden Side Salad 16 cal Fresh Apple Slices 30 cal Pineapple, Wedges Frozen 30 cal Orange Wedges 76 cal Applesauce, Strawberry 4.5 oz 50 cal

Served every day
Assorted Milk