

## Cypress Springs Elementary School

Supper · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

- 5**
- Chicken Corn Dog 250 cal
  - Sandwich, Cheese Croissant 330 cal
  - Black Forest Ham & Cheddar Sandwich 290 cal
  - Fresh Steamed Broccoli 54 cal
  - Mango Splash Vegetable Juice 60 cal
  - Harvest Treats Veg Juice 50 cal
  - Diced Pear Cup 70 cal
  - Diced Peach Cup 70 cal
  - Mix Fruit Cup 80 cal
  - Cheeseburger 339 cal
  - Hamburger, 2.0 oz 304 cal

- 6**
- Breaded Chicken Tenders, K-8 280 cal
  - Pork Rib Sandwich, Onion Rings & Pickles 620 cal
  - Sandwich, PBJ 5-3 oz 600 cal
  - PBJ, 2.6 oz & Cheese 380 cal
  - Seasoned Crispy Fries 81 cal
  - Cucumber Dippers with Ranch Dressing 61 cal
  - Orange Wedges 76 cal
  - Fresh Apple Slices 30 cal
  - Fresh Tangerine 40 cal
  - Red Delicious Apple 75 cal
  - Applesauce, Strawberry 4.5 oz 50 cal
  - Applesauce, Cinnamon 4.5 oz 90 cal

- 7**
- Chicken Wings, 4 each 418 cal
  - Turkey & American on Bun 251 cal
  - Sweet Brazilian Bun 170 cal
  - Steamed Carrots 69 cal
  - Coleslaw 130 cal
  - Red Delicious Apple 75 cal
  - Banana, fresh 146 cal
  - Pineapple, Wedges Frozen 30 cal
  - Fruit Juice Blend 60 cal
  - Apple Juice 60 cal
  - Applesauce, Strawberry 4.5 oz 50 cal
  - Applesauce, Cinnamon 4.5 oz 90 cal
  - Applesauce 4.5 oz 60 cal
  - Applesauce, Birthday Cake 4.5 oz 70 cal
  - Breaded Chicken Nuggets 330 cal

- 8**
- Stuffed Cheesy Breadstick 300 cal
  - Rotisserie Chicken and Cheese Sandwich 280 cal
  - Fresh Broccoli Dippers with Ranch Dressing 60 cal
  - Dark Green Side Salad 21 cal
  - Pineapple, Wedges Frozen 30 cal
  - Fresh Tangerine 40 cal
  - Red Delicious Apple 75 cal
  - Fresh Apple Slices 30 cal
  - Banana, fresh 146 cal
  - Orange Wedges 76 cal
  - Grilled Cheese Sandwich 309 cal

- 9**
- Hamburger, 2.0 oz 304 cal
  - Cheeseburger 339 cal
  - Turkey & American Sub 311 cal
  - Tater Tots 113 cal
  - Mandarin Carrot Slaw 67 cal
  - Carrot Dippers with Ranch Dressing 81 cal
  - Pineapple, Wedges Frozen 30 cal
  - Fresh Tangerine 40 cal
  - Red Delicious Apple 75 cal
  - Fresh Apple Slices 30 cal
  - Peach Cup 90 cal
  - Strawberry Cup 80 cal
  - Mixed Berry Fruit Cup 90 cal

No menu published

- 13**
- Breaded Chicken Tenders, K-8 230 cal
  - Tater Tots 113 cal
  - Diced Pear Cup 70 cal

- 14**
- Breaded Mozzarella Sticks 400 cal
  - Fresh Apple Slices 30 cal

- 15**
- Turkey Sausage & Cheese on Croissant 321 cal
  - Steamed Carrots, 1/2 cup 70 cal
  - Fresh Apple Slices 30 cal

- 16**
- Four Cheese Pizza Slice 330 cal
  - Fresh Steamed Broccoli 54 cal
  - Fresh Apple Slices 30 cal

- 19**
- Chicken Nuggets with Sweet Brazilian Bun 437 cal
  - Green Beans 49 cal
  - Applesauce, Birthday Cake 4.5 oz 70 cal

- 20**
- Cheese Pizza Rippers 260 cal
  - Apple Juice 60 cal

- 21**
- Chicken Corn Dog 250 cal
  - Fresh Broccoli Dippers with Ranch Dressing 60 cal
  - Red Delicious Apple 75 cal

- 22**
- Popcorn Chicken 261 cal
  - Sweet Waffle Potato 150 cal
  - Fresh Apple Slices 30 cal

- 23**
- Eisenberg Beef Hot Dog on WG Bun 320 cal
  - Tater Tots 113 cal
  - Peach Cup 90 cal

- 26**
- Breaded Chicken Tenders, K-8 230 cal
  - Tater Tots 113 cal
  - Diced Pear Cup 70 cal

- 27**
- Hamburger, 2.0 oz 304 cal
  - Cheeseburger 339 cal
  - Sweet Waffle Potato 150 cal
  - Fresh Apple Slices 30 cal

- 28**
- Chicken Wings, 4 each 418 cal
  - Sweet Brazilian Bun 170 cal
  - Fresh Broccoli Dippers with Ranch Dressing 60 cal
  - Pineapple, Wedges Frozen 30 cal

- 29**
- Stuffed Cheesy Breadstick 300 cal
  - Red Delicious Apple 75 cal

- 30**
- Popcorn Chicken 261 cal
  - Seasoned Crispy Fries 81 cal
  - Strawberry Cup 80 cal

Served every day

Assorted Milk