

Dover Shores Elementary School

Lunch · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

- 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

- Turkey Barbacoa Birria Soft Tacos w/shredded cheese** 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

- 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

- Butterball Turkey Hot Dog on WG Bun** 270 cal
- Chicken Fajita Salad w/ Flatbread** 426 cal
- Vegetarian Baked Beans** 192 cal
- Coleslaw** 130 cal
- Fruit Juice Blend** 60 cal
- Hamburger, 2.0 oz** 304 cal

- Garlic French Bread Cheese Pizza** 383 cal
- Turkey & American Sub** 311 cal
- Fresh Broccoli Dippers with Ranch Dressing** 60 cal
- Pineapple, Wedges Frozen** 30 cal

- 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

- 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

No menu published

- 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, Strawberry 4.5 oz** 50 cal

- 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

- Asian Teriyaki Chicken** 180 cal
- Popcorn Chicken Salad** 274 cal
- Vegetable Fried Brown Rice, 1/2 cup** 135 cal
- Fresh Broccoli Dippers with Ranch Dressing** 60 cal
- Fruit Juice Blend** 60 cal
- Apple Juice** 60 cal
- Brown Rice** 109 cal
- Fresh Steamed Broccoli** 54 cal

- PizzaBoli** 309 cal
- Turkey & American on Bun** 251 cal
- Garden Side Salad** 16 cal
- Red Delicious Apple** 75 cal
- Applesauce, Birthday Cake 4.5 oz** 70 cal

- Empanada, Chicken Enchilada** 300 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
- Apple Juice** 60 cal

- Cuban Style Mojo Pork** 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
- Mix Fruit Cup** 80 cal
- Seasoned Chicken Fajita** 176 cal
- Asian Teriyaki Chicken** 180 cal
- Applesauce 4.5 oz** 60 cal

- 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

- Breaded Chicken Breast Tenders** 230 cal
- Chef Salad w/Turkey, Egg & WG Cracker** 299 cal
- Potatoes, Mashed** 48 cal
- Garden Side Salad** 16 cal
- Strawberry Kiwi Juice** 60 cal
- Apple Juice** 60 cal

- Four Cheese Pizza Slice** 330 cal
- Turkey & American Croissant** 301 cal
- Italian Blend Vegetables** 71 cal
- Strawberry Cup** 80 cal

- Meatball Pizza Sub** 413 cal
- PBJ Sandwich Box** 480 cal
- Emoji Fries** 130 cal
- Fruit Juice Blend** 60 cal
- Apple Juice** 60 cal
- Cheeseburger** 339 cal

- Tangerine Chicken** 219 cal
- Hummus Cup Platter** 298 cal
- Brown Rice** 109 cal
- Mandarin Carrot Slaw** 67 cal
- Mango Splash Vegetable Juice** 60 cal
- Peach Cup** 90 cal
- Salsa Dipping Cup** 25 cal

- 6" Personal Cheese Pizza** 328 cal
- Turkey & American Sub** 311 cal
- Fresh Steamed Broccoli** 54 cal
- Fresh Apple Slices** 30 cal

- Chicken Corn Dog** 250 cal
- Chicken Fajita Salad w/Flatbread** 426 cal
- Vegetarian Baked Beans** 192 cal
- Coleslaw** 130 cal
- Fruit Juice Blend** 60 cal
- Apple Juice** 60 cal

- Seasonal Shaped Nuggets** 180 cal
- Egg, Cheese & Flatbread Box** 290 cal
- Steamed Corn, 1/2 cup** 108 cal
- Garden Side Salad** 16 cal
- Fresh Apple Slices** 30 cal

Served every day

- Assorted Milk