

LUNCH OCTOBER 2026

Dream Lake Elementary School

Orange County Public Schools



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5
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
Apple Juice 60 cal
Breaded Chicken Tenders, K-8 280 cal

6
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
Two Soft Turkey Tacos w/ Cheese 248 cal

7
Grilled Cheese Sandwich 309 cal
Egg, Muffin, Cheese, & Apples Box 420 cal
Tater Tots 113 cal
Coleslaw 130 cal
Fresh Apple Slices 30 cal
Buttermilk Pancakes w/ Turkey Sausage 300 cal

8
Mac and Cheese 372 cal
Grilled Chicken Breast Salad 196 cal
Garlic Spinach 94 cal
Garden Side Salad 16 cal
Fresh DoD Apple 77 cal

9
Four Cheese Pizza Wedge 330 cal
Bento Box w/Pepperoni, Cheese, Marinara, Flatbread 476 cal
Harvest Treats Veg Juice 50 cal
Harvest Treats Veg Juice - SD 50 cal

12
No menu published

13
Hamburger, 2.0 oz 304 cal
Cheeseburger 339 cal
PBJ Sandwich Box 480 cal
24 Hour Zesty Pickles 41 cal
Fresh Apple Slices 30 cal
Vegetarian Baked Beans 192 cal

14
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 4.5 oz 60 cal
Sofrito Roasted Chicken Thigh 344 cal

15
Asian Teriyaki Chicken 180 cal
Popcorn Chicken 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
Apple Juice 60 cal
Orange Juice 60 cal

16
Turkey & American on Bun 251 cal
Calzone, Cheeseburger 310 cal
Garden Side Salad 16 cal
Applesauce 4.5 oz 60 cal

19
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
Apple Juice 60 cal
Orange 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
Mini Loaf Banana 161 cal
Pinto Beans, 1/2 cup 163 cal
Sweet Plantain Slices 262 cal
Pinto Beans 163 cal
Applesauce 4.5 oz 60 cal
Seasoned Chicken Fajita 176 cal
Asian Teriyaki Chicken 180 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
Fruit Juice Blend 60 cal
Orange Juice 60 cal
Apple Juice 60 cal

23
Four Cheese Pizza Slice 330 cal
Turkey & American Croissant 301 cal
Italian Blend Vegetables 71 cal
Strawberry Cup 80 cal
Peach Cup 90 cal

26
Meatball Pizza Sub 413 cal
PBJ Sandwich Box 480 cal
Emoji Fries 130 cal
Apple Juice 60 cal
Orange Juice 60 cal
Hamburger, 2.0 oz 304 cal
Cheeseburger 339 cal

27
Seasoned Chicken Fajita 177 cal
Hummus Cup Platter 298 cal
Brown Rice 109 cal
Salsa Dipping Cup 25 cal
Mango Splash Vegetable Juice 60 cal
Peach Cup 90 cal

28
6" Personal Cheese Pizza 328 cal
Turkey & American Sub 311 cal
Fresh Steamed Broccoli 54 cal
Fresh Apple Slices 30 cal

29
Butterball Turkey Hot Dog on WG Bun 270 cal
Chicken Fajita Salad w/Flatbread 426 cal
Vegetarian Baked Beans 192 cal
Coleslaw 130 cal
Strawberry Kiwi Juice 60 cal

30
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

EVERY DAY

Assorted Milk

Menu subject to change.