

LUNCH

OCTOBER 2026

Engelwood Elementary School

Orange County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

			1 HAMBURGER, 2.0 OZ 304 cal Coleslaw 130 cal Apple Juice 60 cal Chicken Corn Dog 250 cal Chicken Fajita Salad w/ Flatbread 426 cal Vegetarian Baked Beans 192 cal	2 GARLIC FRENCH BREAD CHEESE PIZZA 383 cal Fresh Steamed Broccoli 54 cal Fresh Apple Slices 30 cal Turkey & American Sub 311 cal
5 BREADED CHICKEN TENDERS, K-8 280 cal Potatoes, Mashed 70 cal Strawberry Kiwi Juice 60 cal Fruit Juice Blend 60 cal Popcorn Chicken 203 cal Breaded Chicken Nuggets 330 cal PBJ, 2.6 oz & Cheese 380 cal Peas & Carrots 103 cal Apple Juice 60 cal Orange Juice 60 cal	6 TWO SOFT TURKEY TACOS W/ CHEESE 248 cal Pinto Beans, 1/2 cup 163 cal Peach Cup 90 cal Strawberry Cup 80 cal Turkey Barbacoa Birria 391 cal Soft Tacos w/shredded cheese 414 cal Turkey Barbacoa Birria Nachos w/shredded cheese 414 cal Yogurt, Cheese, w/ Banana Bread Plate 430 cal Salsa Dipping Cup 25 cal Pinto Beans 163 cal Mixed Berry Fruit Cup 90 cal	7 BUTTERMILK PANCAKES W/ TURKEY SAUSAGE 300 cal Coleslaw 130 cal Fresh Tangerine 40 cal Fresh Apple Slices 30 cal Grilled Cheese Sandwich 309 cal Egg, Muffin, Cheese, & Apples Box 420 cal Tater Tots 113 cal Red Delicious Apple 75 cal	8 MAC AND CHEESE 372 cal Garlic Spinach 94 cal Strawberry Kiwi Juice 60 cal Fruit Juice Blend 60 cal Apple Juice 60 cal Orange Juice 60 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 Garden Side Salad 16 cal	9 FOUR CHEESE PIZZA WEDGE 330 cal Fresh Tangerine 40 cal Fresh Apple Slices 30 cal Applesauce 4.5 oz 60 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 Red Delicious Apple 75 cal Strawberry Cup 80 cal Mixed Berry Fruit Cup 90 cal
12 No menu published	13 HERB ROASTED CHICKEN THIGH 344 cal Sweet Brazilian Bun 170 cal Sweet Plantain Slices 262 cal Applesauce, Birthday Cake 4.5 oz 70 cal Yogurt & Cheese 390 cal Cool Pack 40 cal Golden Sun Splash Vegetable Juice 40 cal	14 HAMBURGER, 2.0 OZ 304 cal Vegetarian Baked Beans 192 cal Fresh Tangerine 40 cal Cheeseburger 339 cal PBJ Sandwich Box 480 cal 24 Hour Zesty Pickles 41 cal	15 TANGERINE CHICKEN 219 cal Brown Rice 109 cal Steamed Broccoli 27 cal Strawberry Kiwi Juice 60 cal Popcorn Chicken Salad 274 cal Cucumber Salad 49 cal	16 TURKEY & AMERICAN ON BUN 251 cal Garden Side Salad 16 cal Applesauce 4.5 oz 60 cal Stuffed Cheesy Breadstick 300 cal
19 CALZONE, CHEESEBURGER 310 cal Salsa Dipping Cup 25 cal Fruit Juice Blend 60 cal Empanada, Chicken Enchilada 300 cal Yogurt, Cheese, w/ Banana Bread Plate 430 cal Carrot Dippers with Ranch Dressing 81 cal	20 SEASONED CHICKEN FAJITA 176 cal Tangerine Chicken 219 cal Seasoned Brown Rice, 1/2 cup 166 cal Pinto Beans, 1/2 cup 163 cal Diced Pear Cup 70 cal Cuban Style Mojo 205 cal Pork PBJ, 2.6 oz & Cheese 380 cal Sweet Plantain Slices 262 cal Pinto Beans 163 cal	21 TURKEY SAUSAGE PATTY, SCRAMBLED EGGS AND CROISSANT 295 cal Garlic Spinach 94 cal Red Delicious Apple 75 cal Egg, Muffin, Cheese, & Apples Box 420 cal Harvest Treats Veg Juice 50 cal Harvest Treats Veg Juice - SD 50 cal	22 BREADED CHICKEN NUGGETS 267 cal Breaded Chicken Breast Tenders 230 cal Potatoes, Mashed 48 cal Strawberry Kiwi Juice 60 cal Chef Salad w/Turkey, Egg & WG Cracker 299 cal Garden Side Salad 16 cal	23 FOUR CHEESE PIZZA SLICE 330 cal Italian Blend Vegetables 71 cal Dried Cranberries 110 cal Pineapple, Wedges Frozen 30 cal Turkey & American Wrap 301 cal
26 HAMBURGER, 2.0 OZ 304 cal Cheeseburger 339 cal Impossible Burger 311 cal Emoji Fries 130 cal Strawberry Kiwi Juice 60 cal Fruit Juice Blend 60 cal Apple Juice 60 cal Orange Juice 60 cal Meatball Pizza Sub 413 cal Crispy Chorizo Quesadilla 360 cal PBJ Sandwich Box 480 cal Salsa Dipping Cup 25 cal	27 TANGERINE CHICKEN 219 cal Seasoned Chicken Fajita 177 cal Brown Rice 109 cal Mandarin Carrot Slaw 67 cal Salsa Dipping Cup 25 cal Peach Cup 90 cal Strawberry Cup 80 cal Hummus Cup Platter 298 cal Chicken Egg Roll 150 cal Warm 6" Tortilla 70 cal Mango Splash Vegetable Juice 60 cal Mixed Berry Fruit Cup 90 cal	28 6" PERSONAL CHEESE PIZZA 328 cal Garlic French Bread Cheese Pizza 383 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 Turkey & American Sub 311 cal	29 CHICKEN FAJITA SALAD W/FLATBREAD 426 cal Strawberry Kiwi Juice 60 cal Fruit Juice Blend 60 cal Apple Juice 60 cal Orange Juice 60 cal Chicken Corn Dog 250 cal Butterball Turkey Hot Dog on WG Bun 270 cal Eisenberg Beef Hot Dog on WG Bun 320 cal Breaded Chicken Sandwich 340 cal Spicy Breaded Chicken Sandwich 340 cal Vegetarian Baked Beans 192 cal Coleslaw 130 cal	30 SEASONAL SHAPED NUGGETS 180 cal Steamed Corn, 1/2 cup 108 cal Fresh Apple Slices 30 cal Pineapple, Wedges Frozen 30 cal Orange Wedges 76 cal Applesauce, Strawberry 4.5 oz 50 cal Egg, Cheese & Flatbread Box 290 cal Four Cheese Pepperoni Slice 363 cal Garden Side Salad 16 cal

Served every day:
Assorted Milk

Menu data from Orange County Public Schools, drawn by schoolmenuapp.com. Menu subject to change.
Calories are per serving, as Orange County Public Schools publishes them.

MenuViewer