

Monday

Tuesday

Wednesday

Thursday

Friday

5
CHICKEN WAFFLES SANDWICH 377 cal
Black Forest Ham & Cheddar Sandwich 290 cal
WG Cheese Pizza 376 cal
WG Buffalo Chicken Pizza 361 cal
Hamburger, 3.0 oz 375 cal
Cheeseburger 410 cal
Turkey Bacon Cheeseburger 460 cal
Popcorn Chicken and Mini Belgium Waffles 413 cal
Emoji Fries 130 cal
Mango Splash Vegetable Juice 60 cal
Harvest Treats Veg Juice 50 cal
Harvest Treats Veg Juice - SD 50 cal
Mix Fruit Cup 80 cal
Fresh Tangerine 40 cal
Red Delicious Apple 75 cal
Golden Delicious Apple 75 cal

6
PHILLY CHEESE STEAK PEPPERS & ONIONS SANDWICH 612 cal
Philly Steak Peppers & Onions Sandwich (No Cheese) 516 cal
Nachos with Carne Asada & Cheese 516 cal
Romaine Chef Salad with Turkey, Egg & Crackers 353 cal
WG Pepperoni Pizza 403 cal
Tomato and Basil Bianca Pizza 429 cal
PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal
Sweet Waffle Potato 150 cal
Fresh Steamed Broccoli 54 cal
Red Grapes 61 cal
Green Grapes 61 cal
Fruit Juice Blend 60 cal

7
CAJUN SPICE WINGS 418 cal
4 Chicken Wings Lemon Pepper 482 cal
Hummus Platter with Wheat WG Crackers 649 cal
WG Cheese Pizza 376 cal
WG Pepperoni Pizza 403 cal
Butterball Turkey Hot Dog on WG Bun 270 cal
Eisenberg Beef Hot Dog on WG Bun 320 cal
Dinner Roll 110 cal
Cucumber & Carrot Dipper with Ranch Dressing 69 cal
Carrot & Celery Dippers with Ranch Dressing 67 cal
Vegetarian Baked Beans 192 cal
Peach Cup 90 cal
Diced Peach Cup 70 cal
Fresh Apple Slices 30 cal
Red Delicious Apple 75 cal
Golden Delicious Apple 75 cal

8
CHICKEN TENDERS WITH SWEET BRAZILIAN BUN, MS/HS 400 cal
Breaded Drumstick with Sweet Brazilian Bun 380 cal
Spinach Cobb Salad 419 cal
Vegetarian Cobb Salad with Sweet Brazilian Bun 364 cal
WG Cheese Pizza 376 cal
WG Buffalo Chicken Pizza 361 cal
Grilled Cheese Sandwich 309 cal
Coleslaw 130 cal
Garlic Spinach 94 cal
Dark Green Side Salad 21 cal
Orange Wedges 76 cal
Apple Juice 60 cal
Banana, fresh 146 cal

9
TANGERINE CHICKEN 219 cal
Asian Teriyaki Chicken 180 cal
Turkey & American Sub 311 cal
Garlic French Bread Cheese Pizza 383 cal
Twisted Garlic French Bread Pepperoni Pizza 416 cal
Breaded Chicken Sandwich 340 cal
Spicy Breaded Chicken Sandwich 340 cal
Vegetable Fried Brown Rice 270 cal
Mandarin Carrot Slaw 67 cal
Roasted Green Beans 99 cal
Applesauce 4.5 oz 60 cal
Red Grapes 61 cal
Green Grapes 61 cal
Red Delicious Apple 75 cal
Fresh Tangerine 40 cal
Orange Wedges 76 cal
Fresh Apple Slices 30 cal

12
No menu published

13
EISENBERG BEEF HOT DOG ON WG BUN 320 cal
Sandwich, Cheese Croissant 330 cal
WG Cheese Pizza 426 cal
Breaded Chicken Sandwich 340 cal
WG Pepperoni Pizza 403 cal
Sweet Waffle Potato 150 cal
Mango Splash Vegetable Juice 60 cal
Fresh Apple Slices 30 cal
Mix Fruit Cup 80 cal
Applesauce 4.5 oz 60 cal

14
HERB ROASTED CHICKEN THIGH 344 cal
Spinach Cobb Salad 419 cal
WG Cheese Pizza 426 cal
WG Pepperoni Pizza 403 cal
Breaded Chicken Sandwich 340 cal
Dinner Roll 110 cal
Garlic Spinach 94 cal
Seasoned Black Beans 144 cal
Fresh Apple Slices 30 cal
Applesauce, Strawberry 4.5 oz 50 cal

15
VEGETARIAN PENNE PASTA WITH BREAD STICK 415 cal
Romaine Chef Salad with Turkey, Egg & Crackers 353 cal
WG Cheese Pizza 426 cal
WG Buffalo Chicken Pizza 414 cal
PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal
Breaded Chicken Sandwich 340 cal
Dark Green Side Salad 21 cal
Fruit Juice Blend 60 cal
Banana, fresh 146 cal
Applesauce 4.5 oz 60 cal

16
TURKEY & SWISS CROISSANT SANDWICH 321 cal
WG Pepperoni Pizza 403 cal
Sweet and Spicy Chicken Sandwich 411 cal
Breaded Chicken Sandwich 340 cal
Tomato and Basil Bianca Pizza 429 cal
24 Hour Zesty Pickles 41 cal
Seasoned Crispy Fries 81 cal
Raisels 27 cal
Banana, fresh 146 cal
Applesauce 4.5 oz 60 cal

19
BLACK FOREST HAM & CHEDDAR SANDWICH 290 cal
WG Cheese Pizza 426 cal
WG Buffalo Chicken Pizza 414 cal
Breaded Chicken Sandwich 340 cal
Popcorn Chicken and Mini Belgium Waffles 397 cal
Sweet Waffle Potato 150 cal
Mango Splash Vegetable Juice 60 cal
Fresh Tangerine 40 cal
Mix Fruit Cup 80 cal
Applesauce 4.5 oz 60 cal

20
CILANTRO LIME RICE CUBAN STYLE MOJO PORK BOWL MS/H 545 cal
Spinach Cobb Salad 419 cal
WG Pepperoni Pizza 403 cal
Tomato and Basil Bianca Pizza 429 cal
PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal
Sweet Plantain Slices 262 cal
Fresh Steamed Broccoli 54 cal
Mixed Berry Fruit Cup 90 cal
Fruit Juice Blend 60 cal
Applesauce 4.5 oz 60 cal

21
RANCH CHICKEN WINGS, 4 EACH 473 cal
Hummus Platter with Wheat WG Crackers 649 cal
WG Cheese Pizza 426 cal
WG Pepperoni Pizza 403 cal
Eisenberg Beef Hot Dog on WG Bun 320 cal
Sweet Brazilian Bun 170 cal
Carrot & Celery Dippers with Ranch Dressing 67 cal
Vegetarian Baked Beans 192 cal
Diced Peach Cup 70 cal
Fresh Apple Slices 30 cal

22
PORK CHOP WITH CORN BREAD 548 cal
Romaine Chef Salad with Turkey, Egg & Crackers 353 cal
WG Cheese Pizza 426 cal
WG Buffalo Chicken Pizza 414 cal
Grilled Cheese Sandwich 309 cal
Potatoes, Mashed 48 cal
Dark Green Side Salad 21 cal
Orange Wedges 76 cal
Apple Juice 60 cal

23
TANGERINE CHICKEN 219 cal
Turkey & American Wrap 301 cal
Garlic French Bread Cheese Pizza 383 cal
Twisted Garlic French Bread Pepperoni Pizza 416 cal
Spicy Breaded Chicken Sandwich 340 cal
Vegetable Fried Brown Rice 270 cal
Mandarin Carrot Slaw 67 cal
Roasted Green Beans 99 cal
Applesauce 4.5 oz 60 cal
Fresh Apple Slices 30 cal

26
SANDWICH, CHEESE CROISSANT 330 cal
WG Cheese Pizza 426 cal
WG Buffalo Chicken Pizza 414 cal
Spicy Breaded Chicken Sandwich 340 cal
Sweet Waffle Potato 150 cal
Mango Splash Vegetable Juice 60 cal
Fresh Apple Slices 30 cal
Mix Fruit Cup 80 cal

27
CALIFORNIA CHICKEN BURRITO 454 cal
Turkey Taco Salad 407 cal
WG Pepperoni Pizza 403 cal
Tomato and Basil Bianca Pizza 429 cal
Grilled Cheese Sandwich 309 cal
Salsa Dipping Cup 25 cal
Lettuce & Tomato Cup 16 cal
Pineapple, Wedges Frozen 30 cal
Fruit Juice Blend 60 cal

28
HERB ROASTED CHICKEN THIGH 344 cal
Spinach Cobb Salad 419 cal
WG Cheese Pizza 426 cal
WG Pepperoni Pizza 403 cal
Cheeseburger 410 cal
Brown Rice 247 cal
Garlic Spinach 94 cal
Seasoned Black Beans 144 cal
Strawberry Cup 80 cal
Orange Wedges 76 cal

29
VEGETARIAN PENNE PASTA WITH BREAD STICK 415 cal
Romaine Chef Salad with Turkey, Egg & Crackers 353 cal
WG Cheese Pizza 426 cal
WG Buffalo Chicken Pizza 414 cal
PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal
WG Pepperoni Pizza 403 cal
Dark Green Side Salad 21 cal
Fruit Juice Blend 60 cal
Banana, fresh 146 cal

30
SEASONAL SHAPED NUGGETS W/SWEET BRAZILIAN BUN 350 cal
Chicken Salad on Croissant 310 cal
Stuffed Cheesy Breadstick 300 cal
Tomato and Basil Bianca Pizza 429 cal
Eisenberg Beef Hot Dog on WG Bun 320 cal
Seasoned Crispy Fries 81 cal
Coleslaw 130 cal
Raisels 27 cal
Banana, fresh 146 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.

MenuHouse