

SUPPER

OCTOBER 2026

Freedom High School

Orange County Public Schools

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

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

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

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

12	
No menu published	

13	
BREADED CHICKEN BREAST TENDERS	230 cal
Tater Tots	113 cal
Diced Pear Cup	70 cal

14	
BREADED MOZZARELLA STICKS	400 cal
Rotisserie Chicken and Cheese Sandwich	280 cal
Cucumber Salad	49 cal
Black Bean & Corn Salsa - 1 cup	244 cal
Fresh Apple Slices	30 cal
Applesauce 4.5 oz	60 cal

15	
TURKEY SAUSAGE & CHEESE ON CROISSANT	321 cal
Turkey & American on Bun	251 cal
Steamed Carrots, 1/2 cup	70 cal
Fresh Broccoli Dippers with Ranch Dressing	60 cal
Dark Green Side Salad	21 cal
Pineapple, Wedges Frozen	30 cal
Orange Juice	60 cal

16	
FOUR CHEESE PIZZA SLICE	330 cal
Turkey & American Croissant	301 cal
Fresh Steamed Broccoli	54 cal
Coleslaw	130 cal
Fresh Apple Slices	30 cal
Peach Cup	90 cal

19	
CHICKEN NUGGETS WITH SWEET BRAZILIAN BUN	437 cal
Rotisserie Chicken and Cheese Sandwich	280 cal
Green Beans	49 cal
Carrot Dippers with Ranch Dressing	81 cal
Applesauce 4.5 oz	60 cal

20	
CHEESE PIZZA RIPPERS	260 cal
Sandwich, PBJ 5.3 oz	600 cal
Mango Splash Vegetable Juice	60 cal
Fruit Juice Blend	60 cal
Applesauce 4.5 oz	60 cal

21	
CHICKEN CORN DOG	250 cal
Turkey & American Sub	311 cal
Fresh Broccoli Dippers with Ranch Dressing	60 cal
Carrot & Celery Dippers with Ranch Dressing	67 cal
Banana, fresh	146 cal
Applesauce, Birthday Cake 4.5 oz	70 cal

22	
POPCORN CHICKEN	261 cal
Sandwich, Cheese Croissant	330 cal
Sweet Waffle Potato	150 cal
Garden Side Salad	16 cal
Fresh Apple Slices	30 cal

23	
EISENBERG BEEF HOT DOG ON WG BUN	320 cal
Turkey & American Wrap	301 cal
Tater Tots	113 cal
Mandarin Carrot Slaw	67 cal
Strawberry Cup	80 cal

26	
BREADED CHICKEN BREAST TENDERS	230 cal
Sandwich, PBJ 5.3 oz	600 cal
Tater Tots	113 cal
Mango Splash Vegetable Juice	60 cal
Diced Pear Cup	70 cal

27	
HAMBURGER, 2.0 OZ	304 cal
Cheeseburger	339 cal
Chicken Salad	120 cal
Chicken Fajita Salad w/Flatbread	426 cal
Corn Tortilla Chips	190 cal
Sweet Waffle Potato	150 cal
Lettuce & Tomato Cup	16 cal
Pineapple, Wedges Frozen	30 cal
Fresh Tangerine	40 cal
Red Delicious Apple	75 cal
Fresh Apple Slices	30 cal
Orange Juice	60 cal
Fruit Juice Blend	60 cal
Apple Juice	60 cal

28	
CHICKEN WINGS, 4 EACH	418 cal
Rotisserie Chicken and Cheese Sandwich	280 cal
Black Forest Ham & Cheddar Sandwich	290 cal
Sweet Brazilian Bun	170 cal
Fresh Broccoli Dippers with Ranch Dressing	60 cal
Garden Side Salad	16 cal
Coleslaw	130 cal
Pineapple, Wedges Frozen	30 cal
Fresh Tangerine	40 cal
Red Delicious Apple	75 cal
Fresh Apple Slices	30 cal
Orange Wedges	76 cal
Banana, fresh	146 cal

29	
STUFFED CHEESY BREADSTICK	300 cal
Turkey & American Sub	311 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
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

30	
POPCORN CHICKEN	261 cal
Chicken Fajita Wrap	417 cal
Seasoned Crispy Fries	81 cal
Salsa Dipping Cup	25 cal
Peach Cup	90 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.

MealViewer