

Hamlin Middle School

Lunch · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

- 5**
- Popcorn Chicken with Mac and Cheese** 474 cal
 - Chicken Waffles sandwich 377 cal
 - Black Forest Ham & Cheddar Sandwich 290 cal
 - Breaded Mozzarella Sticks 411 cal
 - Mango Splash Vegetable Juice 60 cal
 - Harvest Treats Veg Juice 50 cal
 - Shredded Lettuce Cup 10 cal
 - Harvest Treats Veg Juice - SD 50 cal
 - Strawberry Cup 80 cal
 - Applesauce, Strawberry 4.5 oz 50 cal

- 6**
- Philly Cheese Steak Sandwich** 605 cal
 - Philly Cheese Steak Peppers & Onions Sandwich 612 cal
 - Nachos with Carne Asada & Cheese 516 cal
 - Butterball Turkey Hot Dog on WG Bun 270 cal
 - Eisenberg Beef Hot Dog on WG Bun 320 cal
 - Grilled Cheese Sandwich 309 cal
 - Sweet Waffle Potato 150 cal
 - Seasoned Black Beans 144 cal
 - Pinto Beans, 1/2 cup 163 cal
 - Pinto Beans 163 cal
 - Applesauce, Birthday Cake 4.5 oz 70 cal
 - Applesauce, Blue Razzleberry 4.5 oz 50 cal

- 7**
- Buffalo Chicken Wings, 4 each** 462 cal
 - Ranch Chicken Wings, 4 each 473 cal
 - WG Cheese Pizza 376 cal
 - WG Pepperoni Pizza 403 cal
 - PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal
 - Sweet Brazilian Bun 170 cal
 - Seasoned Crispy Fries 81 cal
 - Celery Sticks 1/2 c. 60 cal
 - Harvest Treats Veg Juice - SD 50 cal
 - Pineapple, Wedges Frozen 30 cal
 - Peach Cup 90 cal
 - Fresh Apple Slices 30 cal
 - Orange Wedges 76 cal

- 1**
- Sandwich, Meatball Sub** 458 cal
 - Grilled Cheese Sandwich 309 cal
 - 24 Hour Zesty Pickles 41 cal
 - Garlic Spinach 94 cal
 - Fresh Apple Slices 30 cal
 - Banana, fresh 146 cal

- 2**
- Sweet and Spicy Chicken Sandwich** 411 cal
 - Chicken Corn Dog 250 cal
 - Stuffed Cheesy Breadstick 300 cal
 - Roasted Glazed Carrots 74 cal
 - Sweet Waffle Potato 150 cal
 - Tangelos, Fresh 47 cal
 - Fresh Apple Slices 30 cal

- 8**
- Chicken Tenders with Sweet Brazilian Bun, MS/HS** 400 cal
 - Breaded Drumstick with Sweet Brazilian Bun 380 cal
 - Turkey Sausage & Cheese on Hamburger Bun 271 cal
 - Potatoes, Mashed 70 cal
 - Fresh Cold Broccoli Salad 141 cal
 - Banana, fresh 146 cal
 - Tangelos, Fresh 47 cal
 - Red Delicious Apple 75 cal
 - Fruit Juice Blend 60 cal
 - Apple Juice 60 cal

- 9**
- Tangerine Chicken** 219 cal
 - Asian Teriyaki Chicken 180 cal
 - WG Cheese Pizza 376 cal
 - Tomato and Basil Bianca Pizza 429 cal
 - Bento Box with Pepperoni & Cheese 349 cal
 - Vegetable Fried Brown Rice, 1/2 cup 140 cal
 - Mandarin Carrot Slaw 67 cal
 - Italian Blend Vegetables 71 cal
 - Pineapple, Wedges Frozen 30 cal
 - Banana, fresh 146 cal
 - Tangelos, Fresh 47 cal
 - Red Delicious Apple 75 cal
 - Golden Delicious Apple 75 cal
 - Fresh Tangerine 40 cal

No menu published

- 13**
- Turkey Sausage & Cheese on Croissant** 321 cal
 - Breaded Mozzarella Sticks 400 cal
 - Sandwich, Cheese Croissant 330 cal
 - Seasoned Black Beans 144 cal
 - Fresh Apple Slices 30 cal

- 14**
- BBQ Chicken Drumstick** 227 cal
 - Breaded Chicken Sandwich 340 cal
 - Spicy Breaded Chicken Sandwich 340 cal
 - Chicken Corn Dog 250 cal
 - Dinner Roll 110 cal
 - 24 Hour Zesty Pickles 41 cal
 - Garlic Spinach 94 cal
 - Peach Cup 90 cal
 - Fresh Apple Slices 30 cal

- 15**
- Spaghetti w/ Meatballs** 384 cal
 - PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal
 - Bento Box w/ Pepperoni, Cheese, Marinara, Flatbread 386 cal
 - Stuffed Cheesy Breadstick 300 cal
 - Dark Green Side Salad 21 cal
 - Fresh Apple Slices 30 cal
 - Banana, fresh 146 cal

- 16**
- Cheeseburger** 410 cal
 - WG Cheese Pizza 426 cal
 - WG Pepperoni Pizza 403 cal
 - PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal
 - Lettuce & Tomato Cup 16 cal
 - Seasoned Crispy Fries 81 cal
 - Peach Cup 90 cal
 - Raisels 27 cal

- 19**
- Popcorn Chicken with Mac and Cheese** 503 cal
 - Breaded Mozzarella Sticks 400 cal
 - Fresh Steamed Broccoli 54 cal
 - Applesauce, Strawberry 4.5 oz 50 cal
 - Dried Cranberries 110 cal

- 20**
- Philly Cheese Steak Peppers & Onions Rice Bowl** 586 cal
 - Grilled Cheese Sandwich 309 cal
 - Bento Box with Pepperoni & Cheese 349 cal
 - Chicken Corn Dog 250 cal
 - Sweet Plantain Slices 262 cal
 - Celery Sticks 1/2 c. 60 cal
 - Peach Cup 90 cal
 - Fresh Apple Slices 30 cal

- 21**
- Ranch Chicken Wings, 4 each** 473 cal
 - PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal
 - Four Cheese Pizza Slice 361 cal
 - Four Cheese Pepperoni Pizza Slice 393 cal
 - Sweet Brazilian Bun 170 cal
 - Sweet Waffle Potato 150 cal
 - Seasoned Black Beans 144 cal
 - Fresh Apple Slices 30 cal
 - Orange Wedges 76 cal

- 22**
- Turkey Sausage & Cheese on Hamburger Bun** 271 cal
 - Breaded Drumstick with Sweet Brazilian Bun 380 cal
 - Chicken Nuggets with Sweet Brazilian Bun 437 cal
 - Potatoes, Mashed 48 cal
 - Mango Splash Vegetable Juice 60 cal
 - Banana, fresh 146 cal
 - Red Delicious Apple 75 cal

- 23**
- Tangerine Chicken** 219 cal
 - Tomato and Basil Bianca Pizza 429 cal
 - Turkey Sausage & Cheese on Biscuit 321 cal
 - Four Cheese Pizza Slice 361 cal
 - Brown Rice 109 cal
 - Mandarin Carrot Slaw 67 cal
 - Tomato Dippers 25 cal
 - Fresh Apple Slices 30 cal
 - Golden Delicious Apple 75 cal

- 26**
- Breaded Mozzarella Sticks** 400 cal
 - Mango Splash Vegetable Juice 60 cal
 - Applesauce, Strawberry 4.5 oz 50 cal

- 27**
- Two California Chicken Tacos** 393 cal
 - Grilled Cheese Sandwich 309 cal
 - Spicy Breaded Chicken Sandwich 340 cal
 - Salsa Dipping Cup 25 cal
 - Celery Sticks 1/2 c. 60 cal
 - Pineapple, Wedges Frozen 30 cal

- 28**
- BBQ Chicken Drumstick** 227 cal
 - Beef Philly Steak Pizza 519 cal
 - PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal
 - WG Pepperoni Pizza 403 cal
 - Brown Rice 109 cal
 - Lettuce & Tomato Cup 16 cal
 - Seasoned Black Beans 144 cal
 - Strawberry Cup 80 cal

- 29**
- Sandwich, Meatball Sub** 458 cal
 - Impossible Burger 311 cal
 - Stuffed Cheesy Breadstick 300 cal
 - Garlic Spinach 94 cal
 - Fresh Apple Slices 30 cal
 - Banana, fresh 146 cal

- 30**
- Seasonal Shaped Nuggets w/ Sweet Brazilian Bun** 350 cal
 - Chicken Salad on Croissant 310 cal
 - Breaded Chicken Sandwich 340 cal
 - Spicy Breaded Chicken Sandwich 340 cal
 - Seasoned Crispy Fries 81 cal
 - Coleslaw 130 cal
 - Fresh Apple Slices 30 cal
 - Banana, fresh 146 cal

Served every day

Assorted Milk