

LUNCH

OCTOBER 2026

Hidden Oaks Elementary School

Orange County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

5

POPCORN CHICKEN	203 cal
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
Fruit Juice Blend	60 cal
Apple Juice	60 cal
Orange Juice	60 cal

6

TURKEY BARBACOA BIRRIA SOFT TACOS W/SHREDDED CHEESE	391 cal
Turkey Barbeco 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
Strawberry Cup	80 cal
Mixed Berry Fruit Cup	90 cal

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GRILLED CHEESE SANDWICH	309 cal
Buttermilk Pancakes w/ Turkey Sausage	300 cal
Egg, Muffin, Cheese, & Apples Box	420 cal
Tater Tots	113 cal
Coleslaw	130 cal
Fresh Tangerine	40 cal
Fresh Apple Slices	30 cal
Red Delicious Apple	75 cal

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CHICKEN CORN DOG	250 cal
Chicken Fajita Salad w/ Flatbread	426 cal
Vegetarian Baked Beans	192 cal
Coleslaw	130 cal
Fruit Juice Blend	60 cal

2

GARLIC FRENCH BREAD CHEESE PIZZA	383 cal
Turkey & American Sub	311 cal
Fresh Steamed Broccoli	54 cal
Pineapple, Wedges Frozen	30 cal

12

No menu published

13

YOGURT & CHEESE COOL PACK	390 cal
Sofrito Roasted Chicken Thigh	344 cal
Sweet Brazilian Bun	170 cal
Sweet Plantain Slices	262 cal
Golden Sun Splash Vegetable Juice	40 cal
Applesauce, Birthday Cake 4.5 oz	70 cal

14

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

15

TANGERINE CHICKEN	219 cal
Popcorn Chicken Salad	274 cal
Vegetable Fried Brown Rice, 1/2 cup	135 cal
Steamed Broccoli	27 cal
Cucumber Salad	49 cal
Fruit Juice Blend	60 cal

16

STUFFED CHEESY BREADSTICK	300 cal
Turkey & American on Bun	251 cal
Garden Side Salad	16 cal
Applesauce, Birthday Cake 4.5 oz	70 cal

19

CALZONE, CHEESEBURGER	310 cal
Yogurt, Cheese, w/ Banana Bread Plate	430 cal
Salsa Dipping Cup	25 cal
Fruit Juice Blend	60 cal

20

CUBAN STYLE MOJO PORK	205 cal
PBJ, 2.6 oz & Cheese	380 cal
Seasoned Brown Rice, 1/2 cup	166 cal
Pinto Beans, 1/2 cup	163 cal
Sweet Plantain Slices	262 cal
Applesauce, Strawberry 4.5 oz	50 cal
Seasoned Chicken Fajita	176 cal
Tangerine Chicken	219 cal

21

TURKEY SAUSAGE PATTY, SCRAMBLED EGGS AND CROISSANT	295 cal
Egg, Muffin, Cheese, & Apples Box	420 cal
Garlic Spinach	94 cal
Harvest Treats Veg Juice	50 cal
Fresh Apple Slices	30 cal

22

BREADED CHICKEN BREAST TENDERS	230 cal
Chef Salad w/Turkey, Egg & WG Cracker	299 cal
Potatoes, Mashed	48 cal
Garden Side Salad	16 cal
Apple Juice	60 cal

23

FOUR CHEESE PIZZA SLICE	330 cal
Turkey & American Croissant	301 cal
Italian Blend Vegetables	71 cal
Peach Cup	90 cal

26

MEATBALL PIZZA SUB	413 cal
PBJ Sandwich Box	480 cal
Emoji Fries	130 cal
Salsa Dipping Cup	25 cal
Fruit Juice Blend	60 cal
Hamburger, 2.0 oz	304 cal

27

TANGERINE CHICKEN	219 cal
Hummus Cup Platter	298 cal
Chicken Egg Roll	150 cal
Brown Rice	109 cal
Warm 6" Tortilla	70 cal
Mandarin Carrot Slaw	67 cal
Salsa Dipping Cup	25 cal
Mango Splash Vegetable Juice	60 cal
Strawberry Cup	80 cal

28

6" PERSONAL CHEESE PIZZA	328 cal
Turkey & American Sub	311 cal
Fresh Steamed Broccoli	54 cal
Applesauce, Strawberry 4.5 oz	50 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
Apple Juice	60 cal

30

SEASONAL SHAPED NUGGETS	180 cal
Egg, Cheese & Flatbread Box	290 cal
Steamed Corn, 1/2 cup	108 cal
Pineapple, Wedges Frozen	30 cal
Applesauce, Strawberry 4.5 oz	50 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