

Monday

Tuesday

Wednesday

Thursday

Friday

5

POPCORN CHICKEN	203 cal
Breaded Chicken	330 cal
Nuggets	
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 CHEES	391 cal
Turkey Barbecue 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

7

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

8

MAC AND CHEESE	372 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
Garlic Spinach	94 cal
Garden Side Salad	16 cal
Strawberry Kiwi Juice	60 cal
Fruit Juice Blend	60 cal
Apple Juice	60 cal
Orange Juice	60 cal

9

FOUR CHEESE PIZZA WEDGE	330 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
Fresh Tangerine	40 cal
Fresh Apple Slices	30 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
Yogurt & Cheese Cool Pack	390 cal
Sweet Brazilian Bun	170 cal
Mini Loaf- Blueberry, WG	161 cal
Sweet Plantain Slices	262 cal
Golden Sun Splash Vegetable Juice	40 cal
Applesauce 4.5 oz	60 cal

14

HAMBURGER, 2.0 OZ	304 cal
Cheeseburger	339 cal
Impossible Burger	311 cal
PBJ Sandwich Box	480 cal
Vegetarian Baked Beans	192 cal
24 Hour Zesty Pickles	41 cal
Red Delicious Apple	75 cal

15

TANGERINE CHICKEN	219 cal
Popcorn Chicken Salad	274 cal
Vegetable Fried Brown Rice, 1/2 cup	135 cal
Fresh Steamed Broccoli	54 cal
Cucumber Salad	49 cal
Fruit Juice Blend	60 cal
Apple Juice	60 cal

16

TURKEY & AMERICAN ON BUN	251 cal
Calzone, Cheeseburger	310 cal
Garden Side Salad	16 cal
Fresh Apple Slices	30 cal

19

EMPANADA, CHICKEN ENCHILADA	300 cal
Yogurt, Cheese, w/ Banana Bread Plate	430 cal
Salsa Dipping Cup	25 cal
Carrot Dippers with Ranch Dressing	81 cal
Fruit Juice Blend	60 cal
Apple Juice	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
Pinto Beans	163 cal
Applesauce, Strawberry 4.5 oz	50 cal

21

SCRAMBLED EGGS WITH CHEESE & FRENCH TOAST PLATTER	320 cal
Egg, Muffin, Cheese, & Apples Box	420 cal
Garlic Spinach	94 cal
Harvest Treats Veg Juice	50 cal
Harvest Treats Veg Juice - SD	50 cal
Pineapple, Wedges Frozen	30 cal

22

BREADED CHICKEN NUGGETS	267 cal
Chef Salad w/Turkey, Egg & WG Cracker	299 cal
Potatoes, Mashed	48 cal
Garden Side Salad	16 cal
Fruit Juice Blend	60 cal
Apple Juice	60 cal

23

FOUR CHEESE PIZZA SLICE	330 cal
Four Cheese Pepperoni Slice	363 cal
Turkey & American Croissant	301 cal
Italian Blend Vegetables	71 cal
Mixed Berry Fruit 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
Apple Juice	60 cal

27

TANGERINE CHICKEN	219 cal
Hummus Cup Platter	298 cal
Brown Rice	109 cal
Mandarin Carrot Slaw	67 cal
Mango Splash Vegetable Juice	60 cal
Strawberry Cup	80 cal

28

GARLIC FRENCH BREAD CHEESE PIZZA	383 cal
Turkey & American Sub	311 cal
Fresh Steamed Broccoli	54 cal
Applesauce, Birthday Cake 4.5 oz	70 cal

29

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
Apple Juice	60 cal

30

SEASONAL SHAPED NUGGETS	180 cal
Egg, Cheese & Flatbread Box	290 cal
Steamed Corn, 1/2 cup	108 cal
Garden Side Salad	16 cal
Pineapple, Wedges Frozen	30 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.