

LUNCH

OCTOBER 2026

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 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) 562 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
BUTTERBALL TURKEY HOT DOG ON WG BUN 270 cal Sandwich, Cheese 330 cal Croissant 340 cal Breaded Chicken Sandwich 340 cal Spicy Breaded Chicken Sandwich 340 cal Sweet Waffle Potato 150 cal Mango Splash Vegetable Juice 60 cal Red Delicious Apple 75 cal Mix Fruit Cup 80 cal

14
HERB ROASTED CHICKEN THIGH 344 cal Spinach Cobb Salad 419 cal Hamburger, 3.0 oz 375 cal Cheeseburger 410 cal Dinner Roll 110 cal Garlic Spinach 94 cal Pinto Beans, 1/2 cup 163 cal Pinto Beans 163 cal Strawberry Cup 80 cal Orange Wedges 76 cal

15
SANDWICH, MEATBALL SUB 458 cal Romaine Chef Salad with Turkey, Egg & Crackers 353 cal PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal Dark Green Side Salad 21 cal Fruit Juice Blend 60 cal Banana, fresh 146 cal

16
SWEET AND SPICY CHICKEN SANDWICH 411 cal Turkey & Swiss Croissant Sandwich 321 cal Stuffed Cheesy Breadstick 300 cal Butterball Turkey Hot Dog on WG Bun 270 cal 24 Hour Zesty Pickles 41 cal Seasoned Crispy Fries 81 cal Raisels 27 cal Red Delicious Apple 75 cal Mix Fruit Cup 80 cal

19
CHICKEN WAFFLES SANDWICH 354 cal Black Forest Ham & Cheddar Sandwich 290 cal Hamburger, 3.0 oz 375 cal Cheeseburger 410 cal Sweet Waffle Potato 150 cal Mango Splash Vegetable Juice 60 cal Fresh Tangerine 40 cal Mix Fruit Cup 80 cal

20
PHILLY CHEESE STEAK PEPPERS & ONIONS RICE BOWL 586 cal Spinach Cobb Salad 419 cal PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal Cilantro Lime Rice 545 cal Cuban Style Mojo Pork Bowl MS/HS 545 cal Sweet Plantain Slices 262 cal Fresh Steamed Broccoli 54 cal Mixed Berry Fruit Cup 90 cal Fruit Juice Blend 60 cal

21
RANCH CHICKEN WINGS, 4 EACH 473 cal Hummus Platter with Wheat WG Crackers 649 cal Butterball Turkey Hot Dog on WG Bun 270 cal Sweet Brazilian Bun 170 cal Cucumber & Carrot Dipper with Ranch Dressing 69 cal Vegetarian Baked Beans 192 cal Peach Cup 90 cal Fresh Apple Slices 30 cal

22
DRUMSTICK WITH CORN BREAD 498 cal Romaine Chef Salad with Turkey, Egg & Crackers 353 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 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 Strawberry Cup 80 cal

26
SANDWICH, CHEESE CROISSANT 330 cal Breaded Chicken Sandwich 340 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 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 Hamburger, 3.0 oz 375 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
SANDWICH, MEATBALL SUB 458 cal Romaine Chef Salad with Turkey, Egg & Crackers 353 cal PBJ Sandwich w/ Goldfish Crackers & Cheese 470 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 Butterball Turkey Hot Dog on WG Bun 270 cal Seasoned Crispy Fries 81 cal Coleslaw 130 cal Raisels 27 cal Fresh Apple Slices 30 cal Strawberry Cup 80 cal

Served every day:
Assorted Milk

Menu data from Orange County Public Schools, drawn by myschoolmenu.net. Menu subject to change. Calories are per serving, as Orange County Public Schools publishes them.