

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
- Cheeseburger 410 cal
- Popcorn Chicken and Mini Belgium Waffles 413 cal
- Emoji Fries 130 cal
- Mango Splash Vegetable Juice 60 cal
- Harvest Treats Veg Juice 50 cal
- Mix Fruit Cup 80 cal

6

PHILLY CHEESE STEAK PEPPERS & ONIONS SANDWICH 612 cal

- Philly Steak Peppers & Onions Sandwich (No 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
- 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 220 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 Sandwich 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

- Eisenberg Beef Hot Dog on WG Bun 320 cal
- Sandwich, Cheese Croissant 330 cal
- WG Cheese Pizza 426 cal
- WG Buffalo Chicken Pizza 414 cal
- Breaded Chicken Sandwich 340 cal
- Spicy Breaded Chicken Sandwich 340 cal
- Sandwich, PBJ 5.3 oz 600 cal
- Sweet Waffle Potato 150 cal
- Mango Splash Vegetable Juice 60 cal
- Carrot Dippers with Ranch Dressing 81 cal
- Fresh Apple Slices 30 cal
- Mix Fruit Cup 80 cal
- Banana, fresh 146 cal
- Fresh Grapes 45 cal
- Diced Peach Cup 70 cal

14

SPINACH COBB SALAD 419 cal

- Vegetarian Cobb Salad with Sweet Brazilian Bun 364 cal
- WG Cheese Pizza 426 cal
- WG Pepperoni Pizza 403 cal
- Cheeseburger 410 cal
- Impossible Burger 311 cal
- Honey BBQ Wings 475 cal

15

SANDWICH, MEATBALL SUB 458 cal

- Vegetarian Penne Pasta with Bread Stick 415 cal
- Romaine Chef Salad with Turkey, Egg & Crackers 353 cal
- WG Cheese Pizza 426 cal
- WG Buffalo Chicken Pizza 414 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 Melt Sandwich 416 cal
- Turkey & Swiss Croissant Sandwich 321 cal
- Stuffed Cheesy Breadstick 300 cal
- WG Pepperoni Pizza 410 cal
- Butterball Turkey Hot Dog on WG Bun 270 cal
- Eisenberg Beef Hot Dog on WG Bun 320 cal
- 24 Hour Zesty Pickles 41 cal
- Cucumber Dippers with Ranch Dressing 61 cal
- Seasoned Crispy Fries 81 cal
- Raisins 27 cal
- Red Delicious Apple 75 cal
- Pineapple, Wedges 30 cal
- Frozen Orange Wedges 76 cal
- Banana, fresh 146 cal

19

CHICKEN WAFFLES SANDWICH 354 cal

- Black Forest Ham & Cheddar Sandwich 290 cal
- WG Cheese Pizza 426 cal
- WG Buffalo Chicken Pizza 414 cal
- Cheeseburger 410 cal
- Popcorn Chicken and Mini Belgium Waffles 397 cal
- Sweet Waffle Potato 150 cal
- Mango Splash Vegetable Juice 60 cal
- Fresh Tangerine 40 cal
- Mix Fruit Cup 80 cal

20

CILANTRO LIME RICE CUBAN STYLE MOJO PORK BOWL MS/HS 545 cal

- Philly Cheese Steak Peppers & Onions Rice Bowl 584 cal
- Spinach Cobb Salad 419 cal
- Vegetarian Cobb Salad with Sweet Brazilian Bun 364 cal
- WG Pepperoni Pizza 403 cal
- Tomato and Basil Bianca Pizza 429 cal
- PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal
- Sweet Plantain Slices 262 cal
- Fresh Stained Broccoli 14 cal
- Mixed Berry Fruit Cup 90 cal
- Fruit Juice Blend 60 cal

21

HONEY BBQ WINGS 475 cal

- Ranch Chicken Wings, 4 each 473 cal
- Hummus Platter with Wheat WG Crackers 649 cal
- WG Cheese Pizza 426 cal
- WG Pepperoni Pizza 403 cal
- Butterball Turkey Hot Dog on WG Bun 270 cal
- Eisenberg Beef Hot Dog on WG Bun 220 cal
- Sweet Brazilian Bun 170 cal
- Cucumber & Carrot Dipper with Ranch Dressing 69 cal
- Carrot & Celery Dippers with Ranch Dressing 67 cal
- Vegetarian Baked Beans 192 cal
- Diced Peach Cup 70 cal
- Peach Cup 90 cal
- Fresh Apple Slices 30 cal
- Golden Delicious Apple 75 cal
- Red Delicious Apple 75 cal

22

PORK CHOP WITH CORN BREAD 548 cal

- Drumstick with Corn Bread 498 cal
- Romaine Chef Salad with Turkey, Egg & Crackers 353 cal
- WG Cheese Pizza 426 cal
- WG Buffalo Chicken Pizza 414 cal
- Grilled Cheese Sandwich 309 cal
- Potatoes, Mashed 48 cal
- Fresh Cold Broccoli Salad 141 cal
- Dark Green Side Salad 21 cal
- Orange Wedges 76 cal
- Apple Juice 60 cal

23

TANGERINE CHICKEN 219 cal

- Asian Teriyaki Chicken 180 cal
- Turkey & American Sandwich 301 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
- Orange Wedges 76 cal
- Fresh Tangerine 40 cal
- Fresh Apple Slices 30 cal
- Red Delicious Apple 75 cal
- Golden Delicious Apple 75 cal

26

TURKEY SAUSAGE & CHEESE ON CROISSANT 321 cal

- Sandwich, Cheese Croissant 330 cal
- WG Cheese Pizza 426 cal
- WG Buffalo Chicken Pizza 414 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
- Red Delicious Apple 75 cal
- Golden Delicious Apple 75 cal
- Mix Fruit Cup 80 cal

27

CALIFORNIA CHICKEN BURRITO 454 cal

- Two California Chicken Tacos 393 cal
- Turkey Taco Salad 407 cal
- WG Pepperoni Pizza 403 cal
- Tomato and Basil Bianca Pizza 429 cal
- Grilled Cheese Sandwich 309 cal
- Pico de Gallo 71 cal
- Salsa Dipping Cup 25 cal
- Lettuce & Tomato Cup 16 cal
- Pineapple, Wedges 30 cal
- Frozen Fruit Juice Blend 60 cal

28

SOFRITO ROASTED CHICKEN THIGH 344 cal

- Herb Roasted Chicken Thigh 344 cal
- Spinach Cobb Salad 419 cal
- Vegetarian Cobb Salad with Sweet Brazilian Bun 364 cal
- WG Cheese Pizza 426 cal
- WG Pepperoni Pizza 403 cal
- Cheeseburger 410 cal
- Impossible Burger 311 cal
- Brown Rice 247 cal
- Garlic Spinach 94 cal
- Seasoned Black Beans 144 cal
- Pinto Beans, 1/2 cup 80 cal
- Strawberry Cup 76 cal
- Orange Wedges 76 cal

29

SANDWICH, MEATBALL SUB 458 cal

- Vegetarian Penne Pasta with Bread Stick 415 cal
- Romaine Chef Salad with Turkey, Egg & Crackers 353 cal
- WG Cheese Pizza 426 cal
- WG Buffalo Chicken Pizza 414 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
- Tomato and Basil Bianca Pizza 429 cal
- Butterball Turkey Hot Dog on WG Bun 270 cal
- Eisenberg Beef Hot Dog on WG Bun 320 cal
- Seasoned Crispy Fries 81 cal
- Coleslaw 130 cal
- Raisins 27 cal
- Red Delicious Apple 75 cal
- Golden Delicious Apple 75 cal
- Fresh Apple Slices 30 cal
- Pineapple, Wedges 30 cal
- Frozen Orange Wedges 76 cal
- Banana, fresh 146 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.