

Lake Whitney Elementary School

Lunch · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

5

- Popcorn Chicken** 203 cal
- PBJ, 2.6 oz & Cheese 380 cal
- Potatoes, Mashed 70 cal
- Peas & Carrots 103 cal
- Strawberry Kiwi Juice 60 cal
- Apple Juice 60 cal

6

- Turkey Barbacoa 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
- Peach Cup 90 cal
- Strawberry Cup 80 cal
- Mixed Berry Fruit Cup 90 cal

7

- Grilled Cheese Sandwich** 309 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

1

- Chicken Corn Dog** 250 cal
- Chicken Fajita Salad w/ Flatbread 426 cal
- Vegetarian Baked Beans 192 cal
- Coleslaw 130 cal
- Strawberry Kiwi Juice 60 cal
- Apple Juice 60 cal

2

- 6" Personal Cheese Pizza** 328 cal
- Turkey & American Sub 311 cal
- Fresh Steamed Broccoli 54 cal
- Pineapple, Wedges Frozen 30 cal
- Applesauce, Strawberry 4.5 oz 50 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, Strawberry 4.5 oz 50 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
- Fresh Tangerine 40 cal

15

No menu published

16

- PizzaBoli** 309 cal
- Turkey & American on Bun 251 cal
- Fresh Tangerine 40 cal
- Red Delicious Apple 75 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
- Strawberry Kiwi Juice 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
- Mini Loaf Banana 161 cal
- Pinto Beans, 1/2 cup 163 cal
- Sweet Plantain Slices 262 cal
- Shredded Lettuce Cup 10 cal
- Pinto Beans 163 cal
- Applesauce, Strawberry 4.5 oz 50 cal
- Diced Pear Cup 70 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
- Fresh Apple Slices 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
- Strawberry Kiwi Juice 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
- Strawberry Cup 80 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
- Strawberry Kiwi Juice 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
- Salsa Dipping Cup 25 cal
- Mango Splash Vegetable Juice 60 cal
- Strawberry Cup 80 cal
- Peach Cup 90 cal

28

- 6" Personal Cheese Pizza** 328 cal
- Turkey & American Sub 311 cal
- Fresh Steamed Broccoli 54 cal
- Fresh Apple Slices 30 cal
- Pineapple, Wedges Frozen 30 cal

29

- Chicken Corn Dog** 250 cal
- Chicken Fajita Salad w/Flatbread 426 cal
- Vegetarian Baked Beans 192 cal
- Coleslaw 130 cal
- Strawberry Kiwi Juice 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
- Fresh Apple Slices 30 cal
- Pineapple, Wedges Frozen 30 cal

Served every day

Assorted Milk