

Monday	Tuesday	Wednesday	Thursday	Friday
			1 PORK RIB SANDWICH, ONION RINGS & PICKLES 620 cal Hummus Cup Platter 298 cal Grilled Cheese Sandwich 309 cal 24 Hour Zesty Pickles 41 cal Garlic Spinach 94 cal Fresh Apple Slices 30 cal Banana, fresh 146 cal	2 SWEET AND SPICY CHICKEN SANDWICH 411 cal Chicken Corn Dog 250 cal Stuffed Cheesy Breadstick 300 cal Roasted Glazed Carrots 74 cal Sweet Waffle Potato 150 cal Fresh Tangerine 40 cal
5 CHICKEN WAFFLES SANDWICH 377 cal Black Forest Ham & Cheddar Sandwich 290 cal Breaded Mozzarella Sticks 411 cal Mango Splash Vegetable Juice 60 cal Shredded Lettuce Cup 10 cal Strawberry Cup 80 cal	6 NACHOS WITH CARNE ASADA & CHEESE 516 cal Eisenberg Beef Hot Dog on WG Bun 320 cal Grilled Cheese Sandwich 309 cal Sweet Waffle Potato 150 cal Seasoned Black Beans 144 cal Applesauce, Blue Razzleberry 4.5 oz 50 cal	7 BUFFALO CHICKEN WINGS, 4 EACH 462 cal Ranch Chicken Wings, 4 each 473 cal WG Cheese Pizza 376 cal WG Pepperoni Pizza 403 cal PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal Sweet Brazilian Bun 170 cal Seasoned Crispy Fries 81 cal Celery Sticks 1/2 c. 60 cal Peach Cup 90 cal	8 CHICKEN TENDERS WITH SWEET BRAZILIAN BUN, MS/HS 400 cal Turkey Sausage & Cheese on Hamburger Bun 271 cal Potatoes, Mashed 70 cal Fresh Cold Broccoli Salad 141 cal Banana, fresh 146 cal Red Delicious Apple 75 cal	9 TANGERINE CHICKEN 219 cal WG Cheese Pizza 376 cal Tomato and Basil Bianca Pizza 429 cal Vegetable Fried Brown Rice, 1/2 cup 140 cal Mandarin Carrot Slaw 67 cal Italian Blend Vegetables 71 cal Banana, fresh 146 cal Fresh Tangerine 40 cal
12 No menu published	13 EISENBERG BEEF HOT DOG ON WG BUN 320 cal Turkey Sausage & Cheese on Croissant 321 cal Breaded Mozzarella Sticks 400 cal Sandwich, Cheese Croissant 330 cal Seasoned Black Beans 144 cal Applesauce, Strawberry 4.5 oz 50 cal	14 HERB ROASTED CHICKEN 174 cal WG Buffalo Chicken Pizza 414 cal Spicy Breaded Chicken Sandwich 340 cal WG Cheese Pizza 426 cal Dinner Roll 110 cal 24 Hour Zesty Pickles 41 cal Garlic Spinach 94 cal Pineapple, Wedges Frozen 30 cal	15 VEGETARIAN PENNE PASTA WITH BREAD STICK 415 cal PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal Dark Green Side Salad 21 cal Fresh Apple Slices 30 cal	16 HAMBURGER, 3.0 OZ 375 cal Cheeseburger 410 cal Black Forest Ham & Cheddar Sandwich 290 cal WG Cheese Pizza 426 cal WG Pepperoni Pizza 403 cal PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal Lettuce & Tomato Cup 16 cal Steamed Corn, 1/2 cup 108 cal Orange Wedges 76 cal
19 CHICKEN WAFFLES SANDWICH 354 cal Black Forest Ham & Cheddar Sandwich 290 cal Breaded Mozzarella Sticks 400 cal Fresh Steamed Broccoli 54 cal Strawberry Cup 80 cal	20 CHICKEN TENDERS WITH SWEET BRAZILIAN BUN, MS/HS 400 cal Turkey Sausage & Cheese on Hamburger Bun 271 cal Potatoes, Mashed 48 cal Mango Splash Vegetable Juice 60 cal Banana, fresh 146 cal Red Delicious Apple 75 cal	21 BUFFALO CHICKEN WINGS, 4 EACH 455 cal Ranch Chicken Wings, 4 each 473 cal WG Cheese Pizza 426 cal WG Pepperoni Pizza 403 cal PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal Sweet Brazilian Bun 170 cal Sweet Waffle Potato 150 cal Seasoned Black Beans 144 cal Cucumber-1c 16 cal Fresh Apple Slices 30 cal	22 SEASONED RICE CUBAN STYLE MOJO PORK BOWL 371 cal Grilled Cheese Sandwich 309 cal Bento Box with Pepperoni & Cheese 349 cal Sweet Plantain Slices 262 cal Celery Sticks 1/2 c. 60 cal Peach Cup 90 cal Applesauce, Strawberry 4.5 oz 50 cal	23 TANGERINE CHICKEN 219 cal WG Cheese Pizza 426 cal Tomato and Basil Bianca Pizza 429 cal Turkey Sausage & Cheese on Biscuit 321 cal Brown Rice 109 cal Mandarin Carrot Slaw 67 cal Tomato Dippers 25 cal Fresh Apple Slices 30 cal Golden Delicious Apple 75 cal
26 BLACK FOREST HAM & CHEDDAR SANDWICH 290 cal Breaded Mozzarella Sticks 400 cal Mango Splash Vegetable Juice 60 cal Strawberry Cup 80 cal	27 TWO CALIFORNIA CHICKEN TACOS 393 cal Grilled Cheese Sandwich 309 cal Bento Box with Hard Boiled Eggs 297 cal Salsa Dipping Cup 25 cal Celery Sticks 1/2 c. 60 cal Pineapple, Wedges Frozen 30 cal Applesauce, Cinnamon 4.5 oz 90 cal	28 HERB ROASTED CHICKEN 174 cal WG Buffalo Chicken Pizza 414 cal PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal Brown Rice 109 cal Lettuce & Tomato Cup 16 cal Seasoned Black Beans 144 cal Strawberry Cup 80 cal	29 SANDWICH, MEATBALL SUB 458 cal Impossible Burger 311 cal Bento Box w/Pepperoni, Cheese, Marinara, Flatbread 386 cal Garlic Spinach 94 cal Fresh Apple Slices 30 cal Banana, fresh 146 cal	30 SEASONAL SHAPED NUGGETS W/SWEET BRAZILIAN BUN 350 cal WG Cheese Pizza 426 cal Tomato and Basil Bianca Pizza 429 cal Spicy Breaded Chicken Sandwich 340 cal Seasoned Crispy Fries 81 cal Coleslaw 130 cal Orange Wedges 76 cal Red Delicious Apple 75 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.