

SUPPER

OCTOBER 2026

Liberty Middle School

Orange County Public Schools

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5	Chicken Corn Dog 250 cal
	Sandwich, Cheese Croissant 330 cal
	Black Forest Ham & Cheddar Sandwich 290 cal
	Fresh Steamed Broccoli 54 cal
	Mango Splash Vegetable Juice 60 cal
	Harvest Treats Veg Juice 50 cal
	Diced Pear Cup 70 cal
	Diced Peach Cup 70 cal
	Mix Fruit Cup 80 cal

6	Breaded Chicken Tenders, K-8 280 cal
	Pork Rib Sandwich, Onion Rings & Pickles 620 cal
	Sandwich, PBJ 5.3 oz 600 cal
	PBJ, 2.6 oz & Cheese 380 cal
	Seasoned Crispy Fries 81 cal
	Cucumber Dippers with Ranch Dressing 61 cal
	Orange Wedges 76 cal
	Fresh Apple Slices 30 cal
	Fresh Tangerine 40 cal
	Red Delicious Apple 75 cal
	Applesauce, Strawberry 4.5 oz 50 cal
	Applesauce, Cinnamon 4.5 oz 90 cal

7	Chicken Wings, 4 each 418 cal
	Turkey & American on Bun 251 cal
	Sweet Brazilian Bun 170 cal
	Steamed Carrots 69 cal
	Coleslaw 130 cal
	Red Delicious Apple 75 cal
	Banana, fresh 146 cal
	Pineapple, Wedges Frozen 30 cal
	Fruit Juice Blend 60 cal
	Apple Juice 60 cal
	Applesauce, Strawberry 4.5 oz 50 cal
	Applesauce, Cinnamon 4.5 oz 90 cal
	Applesauce 4.5 oz 60 cal
	Applesauce, Birthday Cake 4.5 oz 70 cal

1	Four Cheese Pizza Wedge 330 cal
	Fresh Steamed Broccoli 54 cal
	Orange Wedges 76 cal

2	Breaded Chicken Tenders, K-8 280 cal
	Tater Tots 113 cal
	Peach Cup 90 cal

8	Stuffed Cheesy Breadstick 300 cal
	Rotisserie Chicken and Cheese Sandwich 280 cal
	Fresh Broccoli Dippers with Ranch Dressing 60 cal
	Dark Green Side Salad 21 cal
	Pineapple, Wedges Frozen 30 cal
	Fresh Tangerine 40 cal
	Red Delicious Apple 75 cal
	Fresh Apple Slices 30 cal
	Banana, fresh 146 cal
	Orange Wedges 76 cal

9	Hamburger, 2.0 oz 304 cal
	Cheeseburger 339 cal
	Turkey & American Sub 311 cal
	Tater Tots 113 cal
	Mandarin Carrot Slaw 67 cal
	Carrot Dippers with Ranch Dressing 81 cal
	Pineapple, Wedges Frozen 30 cal
	Fresh Tangerine 40 cal
	Red Delicious Apple 75 cal
	Fresh Apple Slices 30 cal
	Peach Cup 90 cal
	Strawberry Cup 80 cal
	Mixed Berry Fruit Cup 90 cal

12	No menu published
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13	Breaded Chicken Tenders, K-8 230 cal
	Tater Tots 113 cal
	Diced Peach Cup 70 cal

14	Breaded Mozzarella Sticks 400 cal
	Fresh Apple Slices 30 cal

15	Turkey Sausage & Cheese on Croissant 321 cal
	Steamed Carrots, 1/2 cup 70 cal
	Pineapple, Wedges Frozen 30 cal

16	Four Cheese Pizza Slice 330 cal
	Fresh Steamed Broccoli 54 cal
	Orange Wedges 76 cal

19	Chicken Nuggets with Sweet Brazilian Bun 437 cal
	Green Beans 49 cal
	Applesauce, Birthday Cake 4.5 oz 70 cal

20	Cheese Pizza Rippers 260 cal
	Fruit Juice Blend 60 cal

21	Chicken Corn Dog 250 cal
	Red Delicious Apple 75 cal

22	Popcorn Chicken 261 cal
	Sweet Waffle Potato 150 cal
	Fresh Apple Slices 30 cal

23	Eisenberg Beef Hot Dog on WG Bun 320 cal
	Tater Tots 113 cal
	Peach Cup 90 cal

26	Breaded Chicken Tenders, K-8 230 cal
	Tater Tots 113 cal
	Diced Pear Cup 70 cal

27	Hamburger, 2.0 oz 304 cal
	Cheeseburger 339 cal
	Sweet Waffle Potato 150 cal
	Pineapple, Wedges Frozen 30 cal

28	Chicken Wings, 4 each 418 cal
	Sweet Brazilian Bun 170 cal
	Fresh Apple Slices 30 cal

29	Stuffed Cheesy Breadstick 300 cal
	Red Delicious Apple 75 cal

30	Popcorn Chicken 261 cal
	Seasoned Crispy Fries 81 cal
	Strawberry Cup 80 cal

EVERY DAY

Assorted Milk

Menu subject to change.