

# LUNCH

## OCTOBER 2026

# Maitland Middle School

Orange County Public Schools



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**5**

- Breaded Chicken Nuggets 330 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
- Pinto Beans 163 cal
- Strawberry Cup 80 cal

**7**

- Buttermilk Pancakes w/ Turkey Sausage 300 cal
- Egg, Muffin, Cheese, & Apples Box 420 cal
- Tater Tots 113 cal
- Coleslaw 130 cal
- Fresh Apple Slices 30 cal

**8**

- Mac and Cheese 372 cal
- Grilled Chicken Breast Salad 196 cal
- Popcorn Chicken with Mac and Cheese 474 cal
- Garlic Spinach 94 cal
- Garden Side Salad 16 cal
- Strawberry Kiwi Juice 60 cal
- Apple Juice 60 cal

**9**

- Four Cheese Pizza Wedge 330 cal
- Bento Box w/Pepperoni, Cheese, Marinara, Flatbread 476 cal
- Four Cheese Pepperoni Pizza, WW 363 cal
- Harvest Treats Veg Juice 50 cal
- Harvest Treats Veg Juice - SD 50 cal
- Fresh Apple Slices 30 cal
- Strawberry Cup 80 cal

**12**

No menu published

**13**

- Hamburger, 2.0 oz 304 cal
- Cheeseburger 339 cal
- PBJ Sandwich Box 480 cal
- Turkey Bacon Cheeseburger 389 cal
- Vegetarian Baked Beans 192 cal
- 24 Hour Zesty Pickles 41 cal
- Fresh Apple Slices 30 cal
- Red Delicious Apple 75 cal

**14**

- Yogurt & Cheese Cool Pack 390 cal
- Sofrito Roasted Chicken Thigh 344 cal
- Brown Rice 109 cal
- Sweet Plantain Slices 262 cal
- Golden Sun Splash Vegetable Juice 40 cal
- Applesauce 4.5 oz 60 cal

**15**

- Tangerine Chicken 219 cal
- Popcorn Chicken Salad 274 cal
- Chicken Egg Roll 150 cal
- Brown Rice 109 cal
- Steamed Broccoli 27 cal
- Cucumber Salad 49 cal
- Strawberry Kiwi Juice 60 cal
- Apple Juice 60 cal

**16**

- PizzaBoli 309 cal
- Turkey & American on Bun 251 cal
- Butterball Turkey Hot Dog on WG Bun 270 cal
- Garden Side Salad 16 cal
- Fresh Apple Slices 30 cal
- Applesauce 4.5 oz 60 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
- Applesauce 4.5 oz 60 cal
- Applesauce, Strawberry 4.5 oz 50 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
- Fresh Tangerine 40 cal
- Fresh Apple Slices 30 cal

**22**

- Breaded Chicken Breast Tenders 230 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 Pepperoni Slice 363 cal
- Turkey & American Croissant 301 cal
- Turkey & American Wrap 301 cal
- 6" Personal Cheese Pizza 328 cal
- Italian Blend Vegetables 71 cal
- Strawberry Cup 80 cal

**26**

- Crispy Chorizo Quesadilla 360 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
- Chicken Egg Roll 150 cal
- Brown Rice 109 cal
- Salsa Dipping Cup 25 cal
- Mango Splash Vegetable Juice 60 cal
- Strawberry Cup 80 cal

**28**

- Garlic French Bread Cheese Pizza 383 cal
- Turkey & American Sub 311 cal
- Steamed Broccoli 27 cal
- Fresh Apple Slices 30 cal
- Pineapple, Wedges Frozen 30 cal
- Applesauce, Strawberry 4.5 oz 50 cal

**29**

- Chicken Corn Dog 250 cal
- Chicken Fajita Salad w/Flatbread 426 cal
- Breaded Chicken Sandwich 340 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
- Four Cheese Pepperoni Slice 363 cal
- Steamed Corn, 1/2 cup 108 cal
- Garden Side Salad 16 cal
- Fresh Apple Slices 30 cal
- Applesauce, Strawberry 4.5 oz 50 cal

### EVERY DAY

Assorted Milk

Menu subject to change.