

LUNCH

OCTOBER 2026

Meadow Woods Middle School

Orange County Public Schools

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5

- Popcorn Chicken with Mac and Cheese 474 cal
- Black Forest Ham & Cheddar Sandwich 290 cal
- Mango Splash Vegetable Juice 60 cal
- Applesauce, Strawberry 4.5 oz 50 cal

6

- Nachos with Carne Asada & Cheese 516 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
- 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

9

- Tangerine Chicken 219 cal
- WG Cheese Pizza 376 cal
- Vegetable Fried Brown Rice, 1/2 cup 140 cal
- Mandarin Carrot Slaw 67 cal
- Italian Blend Vegetables 71 cal
- Pineapple, Wedges Frozen 30 cal
- Red Delicious Apple 75 cal

12

No menu published

13

- Eisenberg Beef Hot Dog on WG Bun 320 cal
- Breaded Mozzarella Sticks 400 cal
- Seasoned Black Beans 144 cal
- Applesauce, Strawberry 4.5 oz 50 cal

14

- Herb Roasted Chicken 174 cal
- Breaded Chicken Sandwich 340 cal
- Spicy Breaded Chicken Sandwich 340 cal
- Dinner Roll 110 cal
- 24 Hour Zesty Pickles 41 cal
- Garlic Spinach 94 cal
- Peach Cup 90 cal

15

- Spaghetti w/ Meatballs 384 cal
- PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal
- Dark Green Side Salad 21 cal
- Strawberry Cup 80 cal

16

- Hamburger, 3.0 oz 375 cal
- Cheeseburger 410 cal
- PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal
- Lettuce & Tomato Cup 16 cal
- Seasoned Crispy Fries 81 cal
- Raisels 27 cal

19

- Popcorn Chicken with Mac and Cheese 503 cal
- Black Forest Ham & Cheddar Sandwich 290 cal
- Fresh Steamed Broccoli 54 cal
- Applesauce, Strawberry 4.5 oz 50 cal

20

- Philly Cheese Steak Peppers & Onions Rice Bowl 586 cal
- Grilled Cheese Sandwich 309 cal
- Sweet Plantain Slices 262 cal
- Celery Sticks 1/2 c. 60 cal
- Peach Cup 90 cal

21

- Ranch Chicken Wings, 4 each 473 cal
- PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal
- Sweet Brazilian Bun 170 cal
- Sweet Waffle Potato 150 cal
- Seasoned Black Beans 144 cal
- Fresh Apple Slices 30 cal

22

- 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
- Red Delicious Apple 75 cal

23

- Tangerine Chicken 219 cal
- Turkey Sausage & Cheese on Biscuit 321 cal
- Brown Rice 109 cal
- Mandarin Carrot Slaw 67 cal
- TomatoDippers 25 cal
- Fresh Apple Slices 30 cal

26

- Black Forest Ham & Cheddar Sandwich 290 cal
- Breaded Mozzarella Sticks 400 cal
- Mango Splash Vegetable Juice 60 cal
- Applesauce, Strawberry 4.5 oz 50 cal

27

- California Chicken Burrito 454 cal
- Grilled Cheese Sandwich 309 cal
- Salsa Dipping Cup 25 cal
- Celery Sticks 1/2 c. 60 cal
- Pineapple, Wedges Frozen 30 cal

28

- Herb Roasted Chicken 174 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
- Garlic Spinach 94 cal
- Fresh Apple Slices 30 cal

30

- Seasonal Shaped Nuggets w/Sweet Brazilian Bun 350 cal
- Breaded Chicken Sandwich 340 cal
- Spicy Breaded Chicken Sandwich 340 cal
- Seasoned Crispy Fries 81 cal
- Coleslaw 130 cal
- Fresh Apple Slices 30 cal

EVERY DAY

Assorted Milk

Menu subject to change.