

Mollie Ray Elementary School

Lunch · October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Chicken Corn Dog 250 cal - Chicken Fajita Salad w/ Flatbread 426 cal - Hamburger, 2.0 oz 304 cal - Cheeseburger 339 cal - Vegetarian Baked Beans 192 cal - Coleslaw 130 cal - Strawberry Kiwi Juice 60 cal - Fruit Juice Blend 60 cal - Apple Juice 60 cal - Orange Juice 60 cal	Garlic French Bread Cheese Pizza 383 cal - Turkey & American Sub 311 cal - Fresh Steamed Broccoli 54 cal - Fresh Apple Slices 30 cal - Pineapple, Wedges Frozen 30 cal - Orange Wedges 76 cal - Applesauce, Strawberry 4.5 oz 50 cal - Strawberry Cup 80 cal
5	6	7	8	9
Breaded Chicken Nuggets 330 cal - PBJ, 2.6 oz & Cheese 380 cal - Breaded Chicken Tenders, K-8 280 cal - Potatoes, Mashed 70 cal - Peas & Carrots 103 cal - Strawberry Kiwi Juice 60 cal - Fruit Juice Blend 60 cal - Apple Juice 60 cal - Orange Juice 60 cal	Turkey Barbacoa Birria Soft Tacos w/shredded cheese 391 cal - Turkey Barbacoa 414 cal - Birria Nachos w/shredded cheese 414 cal - Yogurt, Cheese, w/ Banana Bread Plate 430 cal - Two Soft Turkey Tacos w/ Cheese 248 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	Grilled Cheese Sandwich 309 cal - Egg, Muffin, Cheese, & Apples Box 420 cal - Buttermilk Pancakes w/ Turkey Sausage 300 cal - Tater Tots 113 cal - Coleslaw 130 cal - Fresh Tangerine 40 cal - Fresh Apple Slices 30 cal - Red Delicious Apple 75 cal	Mac and Cheese 372 cal - Spaghetti w/ Meatballs 394 cal - Grilled Chicken Breast Salad 196 cal - Popcorn Chicken with Mac and Cheese 474 cal - Spaghetti & Meatballs with Garlic Bread Stick 378 cal - Garlic Spinach 94 cal - Garden Side Salad 16 cal - Strawberry Kiwi Juice 60 cal - Fruit Juice Blend 60 cal - Apple Juice 60 cal - Orange Juice 60 cal	Four Cheese Pizza Wedge 330 cal - Breaded Mozzarella Sticks 411 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 Tangerine 40 cal - Fresh Apple Slices 30 cal - Red Delicious Apple 75 cal - Strawberry Cup 80 cal - Mixed Berry Fruit Cup 90 cal - Applesauce 4.5 oz 60 cal
12	13	14	15	16
No menu published	Mozzarella Cheese Bites, 3 each 340 cal - Yogurt & Cheese Cool Pack 390 cal - Sweet Plantain Slices 262 cal - Golden Sun Splash Vegetable Juice 40 cal - Applesauce, Strawberry 4.5 oz 50 cal - Applesauce 4.5 oz 60 cal - Applesauce, Birthday Cake 4.5 oz 70 cal - Herb Roasted Chicken Thigh 344 cal - Sweet Brazilian Bun 170 cal - Applesauce, Cinnamon 4.5 oz 90 cal	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 - Red Delicious Apple 75 cal	Asian Teriyaki Chicken 180 cal - Tangerine Chicken 219 cal - Popcorn Chicken Salad 274 cal - Brown Rice 109 cal - Steamed Broccoli 27 cal - Cucumber Salad 49 cal - Strawberry Kiwi Juice 60 cal - Fruit Juice Blend 60 cal - Apple Juice 60 cal - Orange Juice 60 cal	PizzaBoli 309 cal - Stuffed Cheesy Breadstick 300 cal - Turkey & American on Bun 251 cal - Garden Side Salad 16 cal - Fresh Tangerine 40 cal - Fresh Apple Slices 30 cal - Applesauce 4.5 oz 60 cal - Applesauce, Birthday Cake 4.5 oz 70 cal - Red Delicious Apple 75 cal
19	20	21	22	23
Empanada, Chicken Enchilada 300 cal - Calzone, Cheeseburger 310 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 - Fruit Juice Blend 60 cal - Apple Juice 60 cal - Orange Juice 60 cal	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 - Applesauce, Strawberry 4.5 oz 50 cal - Applesauce, Strawberry 4.5 oz 70 cal - Diced Pear Cup 80 cal - Mix Fruit Cup 180 cal - Asian Teriyaki Chicken 219 cal - Tangerine Chicken 219 cal	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 - Orange Wedges 76 cal - Pineapple, Wedges Frozen 30 cal - Fresh Apple Slices 30 cal	Breaded Chicken Nuggets 267 cal - 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 - Fruit Juice Blend 60 cal - Apple Juice 60 cal - Orange Juice 60 cal	Four Cheese Pizza Slice 330 cal - Turkey & American Croissant 301 cal - Italian Blend Vegetables 71 cal - Strawberry Cup 80 cal - Peach Cup 90 cal - Mixed Berry Fruit Cup 90 cal - Four Cheese Pepperoni Slice 363 cal
26	27	28	29	30
Meatball Pizza Sub 413 cal - PBJ Sandwich Box 480 cal - Emoji Fries 130 cal - Salsa Dipping Cup 25 cal - Strawberry Kiwi Juice 60 cal - Fruit Juice Blend 60 cal - Apple Juice 60 cal - Orange Juice 60 cal - Hamburger, 2.0 oz 304 cal - Cheeseburger 339 cal	Tangerine Chicken 219 cal - Seasoned Chicken Fajita 177 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 - Mixed Berry Fruit Cup 90 cal	6" Personal Cheese Pizza 328 cal - Garlic French Bread Cheese Pizza 383 cal - Turkey & American Sub 311 cal - Fresh Steamed Broccoli 54 cal - Fresh Apple Slices 30 cal - Pineapple, Wedges Frozen 30 cal - Orange Wedges 76 cal - Applesauce, Strawberry 4.5 oz 50 cal	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 - Fruit Juice Blend 60 cal - Apple Juice 60 cal - Orange Juice 60 cal	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 - Orange Wedges 76 cal - Applesauce, Strawberry 4.5 oz 50 cal - Pineapple, Wedges Frozen 30 cal

Served every day

Assorted Milk