

Mollie Ray Elementary School

Supper · October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
1 Four Cheese Pizza Wedge 330 cal - Turkey & American Sub 331 cal - Fresh Steamed Broccoli 54 cal - Fresh Broccoli Dippers with Ranch Dressing 60 cal - Dark Green Side Salad 21 cal - Fresh Apple Slices 30 cal - Orange Wedges 76 cal - Banana, fresh 146 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	2 Breaded Chicken Tenders, K-8 280 cal - Chicken Fajita Wrap 417 cal - Tater Tots 113 cal - Salsa Dipping Cup 25 cal - Peach Cup 90 cal - Strawberry Cup 80 cal - Mixed Berry Fruit Cup 90 cal - Pineapple, Wedges Frozen 30 cal	3 Chicken Corn Dog 250 cal - Cheeseburger 339 cal - Hamburger, 2.0 oz 304 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	4 Stuffed Cheesy Breadstick 300 cal - Grilled Cheese Sandwich 309 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	5 Hamburger, 2.0 oz 304 cal - Cheeseburger 339 cal - Turkey & American Sub 331 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
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 435 cal - Breaded Chicken Nuggets 330 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	8 Breaded Chicken Tenders, K-8 280 cal - Sandwich, Cheese Croissant 330 cal - Chicken Salad 120 cal - Wheat Crackers 175 cal - Tater Tots 113 cal - Golden Sun Splash Vegetable Juice 40 cal - Mango Splash Vegetable Juice 60 cal - Diced Pear Cup 70 cal - Diced Peach Cup 70 cal - Mix Fruit Cup 80 cal	9 Breaded Chicken Tenders, K-8 280 cal - Sandwich, Cheese Croissant 330 cal - Chicken Salad 120 cal - Wheat Crackers 175 cal - Tater Tots 113 cal - Golden Sun Splash Vegetable Juice 40 cal - Mango Splash Vegetable Juice 60 cal - Diced Pear Cup 70 cal - Diced Peach Cup 70 cal - Mix Fruit Cup 80 cal	10 Four Cheese Pizza 330 cal - Grilled Cheese Sandwich 309 cal - Turkey & American Croissant 301 cal - Turkey & Swiss Croissant Sandwich 321 cal - Fresh Steamed Broccoli 54 cal - Coleslaw 130 cal - Garden Side Salad 16 cal - Orange Wedges 76 cal - Fresh Apple Slices 30 cal - Banana, fresh 146 cal - Peach Cup 90 cal - Strawberry Cup 80 cal - Mixed Berry Fruit Cup 90 cal
11 No menu published	12 Breaded Chicken Tenders, K-8 280 cal - Sandwich, Cheese Croissant 330 cal - Chicken Salad 120 cal - Wheat Crackers 175 cal - Tater Tots 113 cal - Golden Sun Splash Vegetable Juice 40 cal - Mango Splash Vegetable Juice 60 cal - Diced Pear Cup 70 cal - Diced Peach Cup 70 cal - Mix Fruit Cup 80 cal	13 Breaded Mozzarella Sticks 400 cal - Rotisserie Chicken and Cheese Sandwich 280 cal - Black Forest Ham & Cheddar Sandwich 290 cal - Cucumber Salad 49 cal - Black Bean & Corn Salsa - 1 244 cal - Fresh Apple Slices 30 cal - Orange Wedges 76 cal - Red Delicious Apple 75 cal - Applesauce 4.5 oz 60 cal - Applesauce, Strawberry 4.5 oz 50 cal - Applesauce, Birthday Cake 4.5 oz 70 cal - Applesauce, Cinnamon 4.5 oz 90 cal - Hamburger, 2.0 oz 304 cal - Cheeseburger 339 cal	14 Turkey Sausage & Cheese on Croissant 321 cal - Turkey & American Flatbread 275 cal - Turkey & American on Bun 251 cal - Steamed Carrots, 1/2 cup 70 cal - Fresh Broccoli Dippers with Ranch Dressing 60 cal - Dark Green Side Salad 21 cal - Fresh Tangerine 40 cal - Red Delicious Apple 75 cal - Fresh Apple Slices 30 cal - Pineapple, Wedges Frozen 30 cal - Orange Juice 60 cal - Fruit Juice Blend 60 cal - Apple Juice 60 cal - Banana, fresh 146 cal	15 Four Cheese Pizza 330 cal - Grilled Cheese Sandwich 309 cal - Turkey & American Croissant 301 cal - Turkey & Swiss Croissant Sandwich 321 cal - Fresh Steamed Broccoli 54 cal - Coleslaw 130 cal - Garden Side Salad 16 cal - Orange Wedges 76 cal - Fresh Apple Slices 30 cal - Banana, fresh 146 cal - Peach Cup 90 cal - Strawberry Cup 80 cal - Mixed Berry Fruit Cup 90 cal
16 Chicken Nuggets with Sweet Brazilian Bun 437 cal - Cheeseburger 339 cal - Hamburger, 2.0 oz 304 cal - Rotisserie Chicken and Cheese Sandwich 280 cal - Black Forest Ham & Cheddar Sandwich 290 cal - Green Beans 49 cal - Carrot Dippers with Ranch Dressing 81 cal - Applesauce, Strawberry 4.5 oz 50 cal - Applesauce 4.5 oz 60 cal - Applesauce, Birthday Cake 4.5 oz 70 cal - Applesauce, Cinnamon 4.5 oz 90 cal	17 Cheese Pizza Rippers 260 cal - Sandwich, PBJ 5.3 oz 600 cal - PBJ, 2.6 oz & Cheese 380 cal - Mango Splash Vegetable Juice 60 cal - Harvest Treats Veg Juice 50 cal - Fruit Juice Blend 60 cal - Apple Juice 60 cal - Applesauce 4.5 oz 50 cal - Applesauce, Strawberry 4.5 oz 70 cal - Mix Fruit Cup 80 cal	18 Chicken Corn Dog 250 cal - Turkey & American Sub 331 cal - Turkey & American on Bun 251 cal - Fresh Broccoli Dippers with Ranch Dressing 60 cal - Cucumber & Carrot Dipper with Ranch Dressing 69 cal - Carrot & Celery Dippers with Ranch Dressing 67 cal - Red Delicious Apple 75 cal - Banana, fresh 146 cal - Pineapple, Wedges Frozen 30 cal - Applesauce, Strawberry 4.5 oz 50 cal - Applesauce 4.5 oz 60 cal - Applesauce, Birthday Cake 4.5 oz 70 cal - Breaded Chicken Tenders, K-8 230 cal - Fresh Steamed Broccoli 54 cal	19 Popcorn Chicken 261 cal - Sandwich, Cheese Croissant 330 cal - Sweet Waffle Potato 150 cal - Garden Side Salad 16 cal - Dark Green Side Salad 21 cal - Orange Wedges 76 cal - Fresh Apple Slices 30 cal - Fresh Tangerine 40 cal - Red Delicious Apple 75 cal - Hamburger, 2.0 oz 304 cal - Cheeseburger 339 cal	20 Butterball Turkey Hot Dog on WG Bun 270 cal - Eisenberg Beef Hot Dog on WG Bun 320 cal - Turkey & American 301 cal - Wrap 113 cal - Tater Tots 113 cal - Mandarin Carrot Slaw 67 cal - Cucumber Dippers with Ranch Dressing 81 cal - Peach Cup 90 cal - Strawberry Cup 80 cal - Mixed Berry Fruit Cup 90 cal - Grilled Cheese Sandwich 309 cal
21 Breaded Chicken Tenders, K-8 280 cal - Sandwich, PBJ 5.3 oz 600 cal - PBJ, 2.6 oz & Cheese 380 cal - Tater Tots 113 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	22 Hamburger, 2.0 oz 304 cal - Cheeseburger 339 cal - Chicken Salad 120 cal - Chicken Fajita Salad w/Flatbread 426 cal - Corn Tortilla Chips 190 cal - Sweet Waffle Potato 150 cal - Lettuce & Tomato Cup 16 cal - Pineapple, Wedges Frozen 30 cal - Fresh Tangerine 40 cal - Red Delicious Apple 75 cal - Orange Juice 60 cal - Fruit Juice Blend 60 cal - Apple Juice 60 cal	23 Chicken Wings, 4 each 435 cal - Rotisserie Chicken and Cheese Sandwich 280 cal - Black Forest Ham & Cheddar Sandwich 290 cal - Sweet Brazilian Bun 170 cal - Fresh Broccoli Dippers with Ranch Dressing 60 cal - Garden Side Salad 16 cal - Coleslaw 130 cal - Pineapple, Wedges Frozen 30 cal - Fresh Tangerine 40 cal - Red Delicious Apple 75 cal - Fresh Apple Slices 30 cal - Orange Wedges 76 cal - Banana, fresh 146 cal - Breaded Chicken Nuggets 267 cal - Fresh Steamed Broccoli 54 cal	24 Stuffed Cheesy Breadstick 300 cal - Turkey & American Sub 331 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 - 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	25 Popcorn Chicken 261 cal - Chicken Fajita Wrap 417 cal - Seasoned Crispy Fries 81 cal - Salsa Dipping Cup 25 cal - Peach Cup 90 cal - Strawberry Cup 80 cal - Mixed Berry Fruit Cup 90 cal - Breaded Chicken Nuggets 267 cal

Served every day
Assorted Milk