

Ocoee Middle School

Lunch · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

- 5**
- 🍗 **Chicken Waffles sandwich** 377 cal
 - 🍞 Breaded Mozzarella Sticks 411 cal
 - 🥭 Mango Splash Vegetable Juice 60 cal
 - 🍓 Strawberry Cup 80 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
 - 🍕 WG Cheese Pizza 376 cal
 - 🍕 WG Pepperoni Pizza 403 cal
 - 🍌 Sweet Brazilian Bun 170 cal
 - 🍟 Seasoned Crispy Fries 81 cal
 - 🥬 Celery Sticks 1/2 c. 60 cal
 - 🍑 Peach Cup 90 cal

- 1**
- 🍗 **Grilled Cheese Sandwich** 309 cal
 - 🍗 Sandwich, Meatball Sub 458 cal
 - 🥒 24 Hour Zesty Pickles 41 cal
 - 🥬 Garlic Spinach 94 cal
 - 🍏 Fresh Apple Slices 30 cal

- 2**
- 🍗 **Sweet and Spicy Chicken Sandwich** 411 cal
 - 🍗 Stuffed Cheesy Breadstick 300 cal
 - 🥕 Roasted Glazed Carrots 74 cal
 - 🍌 Sweet Waffle Potato 150 cal
 - 🥑 Tangelos, Fresh 47 cal

- 8**
- 🍗 **Chicken Tenders with Sweet Brazilian Bun, MS/HS** 400 cal
 - 🥔 Potatoes, Mashed 70 cal
 - 🥬 Fresh Cold Broccoli Salad 141 cal
 - 🥑 Tangelos, Fresh 47 cal

- 9**
- 🍗 **Tangerine Chicken** 219 cal
 - 🍱 Bento Box with Pepperoni & Cheese 349 cal
 - 🍚 Vegetable Fried Brown Rice, 1/2 cup 140 cal
 - 🥕 Mandarin Carrot Slaw 67 cal
 - 🥬 Italian Blend Vegetables 71 cal
 - 🍊 Fresh Tangerine 40 cal

No menu published

- 13**
- 🍗 **Eisenberg Beef Hot Dog on WG Bun** 320 cal
 - 🍞 Breaded Mozzarella Sticks 400 cal
 - 🍗 Sandwich, Cheese Croissant 330 cal
 - 🫘 Seasoned Black Beans 144 cal
 - 🍎 Applesauce, Strawberry 4.5 oz 50 cal

- 14**
- 🍗 **Herb Roasted Chicken** 174 cal
 - 🍗 Spicy Breaded Chicken Sandwich 340 cal
 - 🍕 WG Buffalo Chicken Pizza 414 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
 - 🍱 Bento Box w/Pepperoni, Cheese, Marinara, Flatbread 386 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
 - 🍑 Peach Cup 90 cal

- 19**
- 🍗 **Chicken Waffles sandwich** 354 cal
 - 🍞 Breaded Mozzarella Sticks 400 cal
 - 🍖 Black Forest Ham & Cheddar Sandwich 290 cal
 - 🥬 Fresh Steamed Broccoli 54 cal
 - 🍓 Strawberry Cup 80 cal

- 20**
- 🍚 **Seasoned Rice Cuban Style Mojo Pork Bowl** 371 cal
 - 🍗 Grilled Cheese Sandwich 309 cal
 - 🍌 Sweet Plantain Slices 262 cal
 - 🥬 Celery Sticks 1/2 c. 60 cal
 - 🍑 Peach Cup 90 cal

- 21**
- 🍗 **Buffalo Chicken Wings, 4 each** 455 cal
 - 🍕 WG Cheese Pizza 426 cal
 - 🍕 WG Pepperoni Pizza 403 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
 - 🍌 Banana, fresh 146 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**
- 🍞 **Breaded Mozzarella Sticks** 400 cal
 - 🥭 Mango Splash Vegetable Juice 60 cal
 - 🍓 Strawberry Cup 80 cal

- 27**
- 🌮 **Two California Chicken Tacos** 393 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
 - 🥑 Tangelos, Fresh 47 cal

Served every day

- 🥛 Assorted Milk