

Monday	Tuesday	Wednesday	Thursday	Friday
			1 - PORK RIB SANDWICH, ONION RINGS & PICKLES 620 cal - Sandwich, Meatball Sub 458 cal - Hummus Cup Platter 298 cal 24 Hour Zesty Pickles 41 cal - Garlic Spinach 94 cal - Fresh Apple Slices 30 cal - Banana, fresh 146 cal - Golden Delicious Apple 75 cal	2 - SWEET AND SPICY CHICKEN SANDWICH 411 cal - Chicken Corn Dog 250 cal - WG Cheese Pizza 376 cal - WG Pepperoni Pizza 403 cal - Stuffed Cheesy Breadstick 300 cal - Roasted Glazed Carrots 74 cal - Sweet Waffle Potato 150 cal - Tangelos, Fresh 47 cal - Red Delicious Apple 75 cal
5 - POPCORN CHICKEN WITH MAC AND CHEESE 474 cal - Chicken Waffles sandwich 377 cal - Black Forest Ham & Cheddar Sandwich 290 cal - Breaded Mozzarella Sticks 411 cal - Mango Splash Vegetable Juice 60 cal - Harvest Treats Veg Juice 50 cal - Shredded Lettuce Cup 10 cal - Harvest Treats Veg Juice - SD 50 cal - Strawberry Cup 80 cal - Applesauce, Strawberry 4.5 oz 50 cal	6 - PHILLY CHEESE STEAK SANDWICH 605 cal - Philly Cheese Steak Peppers & Onions Sandwich 612 cal - Nachos with Carne Asada & Cheese 516 cal - Butterball Turkey Hot Dog on WG Bun 270 cal - Eisenberg Beef Hot Dog on WG Bun 320 cal - Grilled Cheese Sandwich 309 cal - Sweet Waffle Potato 150 cal - Seasoned Black Beans 144 cal - Pinto Beans, 1/2 cup 163 cal - Pinto Beans 163 cal - Applesauce, Birthday Cake 4.5 oz 70 cal - Applesauce, Blue Razzleberry 4.5 oz 50 cal	7 - BUFFALO CHICKEN WINGS, 4 EACH 462 cal - Ranch Chicken Wings, 4 each 473 cal - WG Cheese Pizza 376 cal - WG Pepperoni Pizza 403 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 - Harvest Treats Veg Juice - SD 50 cal - Pineapple, Wedges 30 cal - Peach Cup 90 cal - Fresh Apple Slices 30 cal - Orange Wedges 76 cal	8 - CHICKEN TENDERS WITH SWEET BRAZILIAN BUN, MS/HS 400 cal - Breaded Drumstick with Sweet Brazilian Bun 380 cal - Turkey Sausage & Cheese on Hamburger Bun 271 cal - Potatoes, Mashed 70 cal - Fresh Cold Broccoli Salad 141 cal - Banana, fresh 146 cal - Tangelos, Fresh 47 cal - Red Delicious Apple 75 cal - Fruit Juice Blend 60 cal - Apple Juice 60 cal	9 - TANGERINE CHICKEN 219 cal - Asian Teriyaki Chicken 180 cal - WG Cheese Pizza 376 cal - Tomato and Basil Bianca Pizza 429 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 - Pineapple, Wedges Frozen 30 cal - Banana, fresh 146 cal - Tangelos, Fresh 47 cal - Red Delicious Apple 75 cal - Golden Delicious Apple 75 cal - Fresh Tangerine 40 cal
12 No menu published	13 - EISENBERG BEEF HOT DOG ON WG BUN 320 cal - Sandwich, Cheese Croissant 330 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 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 - Fresh Apple Slices 30 cal - Banana, fresh 146 cal	16 - CHEESEBURGER 410 cal - WG Pepperoni Pizza 403 cal - Lettuce & Tomato Cup 16 cal - Seasoned Crispy Fries 81 cal - Fresh DoD Apple 77 cal
19 - CHICKEN WAFFLES SANDWICH 354 cal - Breaded Mozzarella Sticks 400 cal - Fresh Steamed Broccoli 54 cal - Strawberry Cup 80 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 - Pineapple, Wedges Frozen 30 cal	21 - RANCH CHICKEN WINGS, 4 EACH 473 cal - WG Pepperoni Pizza 403 cal - Sweet Brazilian Bun 170 cal - Sweet Waffle Potato 150 cal - Seasoned Black Beans 144 cal - Fresh Red Apple 77 cal - Fresh Orange 62 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 - ASIAN TERIYAKI CHICKEN 180 cal - WG Cheese Pizza 426 cal - Tomato and Basil Bianca Pizza 429 cal - Brown Rice 109 cal - Mandarin Carrot Slaw 67 cal - TomatoDippers 25 cal - Golden Delicious Apple 75 cal
26 - BLACK FOREST HAM & CHEDDAR SANDWICH 290 cal - WG Cheese Pizza 426 cal - WG Pepperoni Pizza 403 cal - Breaded Mozzarella Sticks 400 cal - Mango Splash Vegetable Juice 60 cal - Harvest Treats Veg Juice 50 cal - Strawberry Cup 80 cal - Applesauce, Strawberry 4.5 oz 50 cal	27 - CALIFORNIA CHICKEN BURRITO 454 cal - Two California Chicken Tacos 393 cal - Grilled Cheese Sandwich 309 cal - Bento Box with Hard Boiled Eggs 297 cal - Salsa Dipping Cup 25 cal - Celery Sticks 1/2 c. 60 cal - Pineapple, Wedges Frozen 30 cal - Applesauce, Cinnamon 4.5 oz 90 cal	28 - BBQ CHICKEN DRUMSTICK 227 cal - Herb Roasted Chicken 174 cal - Beef Philly Steak Pizza 519 cal - WG Buffalo Chicken Pizza 414 cal - PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal - Brown Rice 109 cal - Lettuce & Tomato Cup 16 cal - Seasoned Black Beans 144 cal - Pinto Beans, 1/2 cup 163 cal - Pinto Beans 163 cal - Diced Pear Cup 70 cal - Strawberry Cup 80 cal	29 - SANDWICH, MEATBALL SUB 458 cal - Vegetarian Penne Pasta with Bread Stick 415 cal - Impossible Burger 311 cal - Bento Box w/Pepperoni, Cheese, Marinara, Flatbread 386 cal - Garlic Spinach 94 cal - Fresh Apple Slices 30 cal - Banana, fresh 146 cal - Golden Delicious Apple 75 cal	30 - SEASONAL SHAPED NUGGETS W/SWEET BRAZILIAN BUN 350 cal - Chicken Salad on Croissant 310 cal - WG Cheese Pizza 426 cal - Tomato and Basil Bianca Pizza 429 cal - Breaded Chicken Sandwich 340 cal - Spicy Breaded Chicken Sandwich 340 cal - Seasoned Crispy Fries 81 cal - Coleslaw 130 cal - Pineapple, Wedges Frozen 30 cal - Tangelos, Fresh 47 cal - Red Delicious Apple 75 cal - Fresh Apple Slices 30 cal - Orange Wedges 76 cal - Banana, fresh 146 cal

Served every day:
Assorted Milk

Menu data from Orange County Public Schools, drawn by myschoolmenu.net. Menu subject to change. Calories are per serving, as Orange County Public Schools publishes them.