

Monday

Tuesday

Wednesday

Thursday

Friday

5 POPCORN CHICKEN 203 cal - Breaded Chicken Nuggets 330 cal - PBJ, 2.6 oz & Cheese 380 cal - Sandwich, Cheese Croissant 330 cal - Breaded Chicken Tenders, K-8 280 cal - Potatoes, Mashed 70 cal - Peas & Carrots 103 cal - Carrot Dippers with Ranch Dressing 81 cal - Mango Splash Vegetable Juice 60 cal - Harvest Treats Veg Juice 50 cal - Strawberry Kiwi Juice 60 cal - Fruit Juice Blend 60 cal - Apple Juice 60 cal - Orange Juice 60 cal - Fresh Tangerine 40 cal - Mix Fruit Cup 80 cal - Pineapple, Wedges Frozen 30 cal	6 TURKEY BARBACOA BIRRIA SOFT TACOS W/SHREDDED CHEES 391 cal - Turkey Barbacoa Birria Nachos w/shredded cheese 414 cal - Yogurt, Cheese, w/ Banana Bread Plate 430 cal - PBJ, 2.6 oz & Cheese 380 cal - PBJ Sandwich Box 480 cal - Two Soft Turkey Tacos w/ Cheese 248 cal - Pinto Beans, 1/2 cup 163 cal - Salsa Dipping Cup 25 cal - Pinto Beans 163 cal - Golden Sun Splash Vegetable Juice 40 cal - Dark Green Side Salad 21 cal - Peach Cup 90 cal - Strawberry Cup 80 cal - Mixed Berry Fruit Cup 90 cal - Mix Fruit Cup 80 cal - Applesauce, Strawberry 4.5 oz 60 cal - Pineapple, Wedges Frozen 30 cal	7 GRILLED CHEESE SANDWICH 309 cal - Buttermilk Pancakes w/ Turkey Sausage 300 cal - Egg, Muffin, Cheese, & Apples Box 420 cal - Turkey & American on Bun 251 cal - Goldfish Pretzels 90 cal - Tater Tots 113 cal - Coleslaw 130 cal - Hummus 1/2 cup 364 cal - Fresh Tangerine 40 cal - Fresh Apple Slices 30 cal - Red Delicious Apple 75 cal - Diced Peach Cup 70 cal - Peach Cup 90 cal - Golden Delicious Apple 75 cal	8 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 - Rotisserie Chicken and Cheese Sandwich 280 cal - Garlic Spinach 94 cal - Garden Side Salad 16 cal - Corn Salsa 115 cal - Dark Green Side Salad 21 cal - Strawberry Kiwi Juice 60 cal - Fruit Juice Blend 60 cal - Apple Juice 60 cal - Orange Juice 60 cal - Orange Wedges 76 cal	9 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 - Turkey & American Sub 311 cal - Cheddar Goldfish Crackers 100 cal - Harvest Treats Veg Juice 50 cal - Harvest Treats Veg Juice - SD 50 cal - Mandarin Carrot Slaw 67 cal - Mango Splash Vegetable Juice 60 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, Strawberry 4.5 oz 60 cal - Orange Wedges 76 cal
12 No menu published	13 HERB ROASTED CHICKEN THIGH 344 cal - Yogurt & Cheese 390 cal - Cool Pack 170 cal - Sweet Brazilian Bun 262 cal - Sweet Plantain Slices 262 cal - Golden Sun Splash Vegetable Juice 40 cal - Applesauce, Strawberry 4.5 oz 50 cal	14 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 - Red Delicious Apple 75 cal - Fresh Apple Slices 30 cal	15 TANGERINE CHICKEN 219 cal - Popcorn Chicken Salad 274 cal - Brown Rice 109 cal - Vegetable Fried Brown Rice, 1/2 cup 135 cal - Fresh Broccoli Dippers with Ranch Dressing 60 cal - Cucumber Salad 49 cal - Apple Juice 60 cal	16 STUFFED CHEESY BREADSTICK 300 cal - Turkey & American on Bun 251 cal - Garden Side Salad 16 cal - Fresh Apple Slices 30 cal
19 EMPANADA, CHICKEN ENCHILADA 300 cal - Yogurt, Cheese, w/ Banana Bread Plate 430 cal - Salsa Dipping Cup 25 cal - Carrot Dippers with Ranch Dressing 81 cal - Apple Juice 60 cal	20 CUBAN STYLE MOJO PORK 205 cal - PBJ, 2.6 oz & Cheese 380 cal - Tangerine Chicken 219 cal - Seasoned Brown Rice, 1/2 cup 166 cal - Pinto Beans, 1/2 cup 163 cal - Sweet Plantain Slices 262 cal - Pinto Beans 163 cal - Applesauce, Strawberry 4.5 oz 50 cal	21 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 - Fresh Apple Slices 30 cal	22 BREADED CHICKEN NUGGETS 267 cal - Chef Salad w/Turkey, Egg & WG Cracker 299 cal - Potatoes, Mashed 48 cal - Garden Side Salad 16 cal - Apple Juice 60 cal	23 FOUR CHEESE PIZZA SLICE 330 cal - Four Cheese Pepperoni Slice 363 cal - Turkey & American Croissant 301 cal - Italian Blend Vegetables 71 cal - Peach Cup 90 cal
26 MEATBALL PIZZA SUB 413 cal - PBJ Sandwich Box 480 cal - Hamburger, 2.0 oz 304 cal - Salsa Dipping Cup 25 cal - Emoji Fries 130 cal - Apple Juice 60 cal	27 TANGERINE CHICKEN 219 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 - Peach Cup 90 cal	28 GARLIC FRENCH BREAD CHEESE PIZZA 383 cal - Turkey & American Sub 311 cal - Fresh Broccoli Dippers with Ranch Dressing 60 cal - Applesauce, Strawberry 4.5 oz 50 cal - Fresh Apple Slices 30 cal	29 CHICKEN CORN DOG 250 cal - Chicken Fajita Salad w/Flatbread 426 cal - Vegetarian Baked Beans 192 cal - Coleslaw 130 cal - Apple Juice 60 cal	30 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

Served every day:
Assorted Milk

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