

Monday

Tuesday

Wednesday

Thursday

Friday

CHICKEN CORN DOG	250 cal
Cheeseburger	339 cal
Hamburger, 2.0 oz	304 cal
Sandwich, Cheese	330 cal
Croissant	
Black Forest Ham & Cheddar Sandwich	290 cal
Fresh Steamed Broccoli	54 cal
Mango Splash Vegetable Juice	60 cal
Harvest Treats Veg	50 cal
Diced Pear Cup	70 cal
Diced Peach Cup	70 cal
Mix Fruit Cup	80 cal

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

CHICKEN WINGS, 4 EACH	418 cal
Breaded Chicken	330 cal
Nuggets	
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

FOUR CHEESE PIZZA TENDERS, K-8	330 cal
Turkey & American Sub	311 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

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

No menu published	
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BREADED CHICKEN TENDERS, K-8	230 cal
Sandwich, Cheese	330 cal
Croissant	
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

BREADED MOZZARELLA STICKS	400 cal
Hamburger, 2.0 oz	304 cal
Cheeseburger	339 cal
Rotisserie Chicken and Cheese Sandwich	280 cal
Black Forest Ham & Cheddar Sandwich	290 cal
Cucumber Salad	49 cal
Black Bean & Corn Salsa - 1 cup	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

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

FOUR CHEESE PIZZA SLICE	330 cal
Grilled Cheese Sandwich	309 cal
Turkey & American Croissant	301 cal
Turkey & Swiss Croissant	321 cal
Sandwich	
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

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

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	50 cal
Fruit Juice Blend	60 cal
Apple Juice	60 cal
Applesauce 4.5 oz	60 cal
Applesauce, Strawberry 4.5 oz	50 cal
Diced Pear Cup	70 cal
Mix Fruit Cup	80 cal

CHICKEN CORN DOG	250 cal
Breaded Chicken	230 cal
Tenders, K-8	
Turkey & American Sub	311 cal
Turkey & American on Bun	251 cal
Fresh Broccoli Dippers with Ranch Dressing	60 cal
Fresh Steamed Broccoli	54 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

POPCORN CHICKEN	261 cal
Hamburger, 2.0 oz	304 cal
Cheeseburger	339 cal
Sandwich, Cheese	330 cal
Croissant	
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

BUTTERBALL TURKEY HOT DOG ON WG BUN	270 cal
Essexburg Beef Hot Dog on WG Bun	320 cal
Grilled Cheese Sandwich	309 cal
Turkey & American Wrap	301 cal
Tater Tots	113 cal
Mandarin Carrot Slaw	67 cal
Cucumber Dippers with Ranch Dressing	61 cal
Peach Cup	90 cal
Strawberry Cup	80 cal
Mixed Berry Fruit Cup	90 cal

BREADED CHICKEN TENDERS, K-8	230 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	50 cal
Diced Pear Cup	70 cal
Diced Peach Cup	70 cal
Mix Fruit Cup	80 cal

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
Fresh Apple Slices	30 cal
Orange Juice	60 cal
Fruit Juice Blend	60 cal
Apple Juice	60 cal

CHICKEN WINGS, 4 EACH	418 cal
Breaded Chicken	267 cal
Nuggets	
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
Fresh Steamed Broccoli	54 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

STUFFED CHEESY BREADSTICK	300 cal
Turkey & American Sub	311 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

POPCORN CHICKEN	261 cal
Breaded Chicken	267 cal
Nuggets	
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

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.

Menu