

Piedmont Lakes Middle School

Lunch · October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			- Sandwich, Meatball Sub 458 cal - Homemade Cheese Pizza Slice 354 cal - Homemade Pepperoni Pizza Slice 382 cal - Grilled Cheese Sandwich 309 cal 24 Hour Zesty Pickles 41 cal - Garlic Spinach 94 cal - Fresh Apple Slices 30 cal - Golden Delicious Apple 75 cal	- Sweet and Spicy Chicken Sandwich 411 cal - Chicken Corn Dog 250 cal - Stuffed Cheesy Breadstick 300 cal - Breaded Chicken Sandwich 340 cal - Grilled Cheese Sandwich 309 cal - Roasted Glazed Carrots 74 cal - Sweet Waffle Potato 150 cal - Tangelos, Fresh 47 cal - Red Delicious Apple 75 cal
5	6	7	8	9
- Popcorn Chicken with Mac and Cheese 474 cal - Black Forest Ham & Cheddar Sandwich 290 cal - Breaded Mozzarella Sticks 411 cal - Grilled Cheese Sandwich 309 cal - Mango Splash Vegetable Juice 60 cal - Harvest Treats Veg Juice 50 cal - Harvest Treats Veg Juice - SD 50 cal - Strawberry Cup 80 cal - Applesauce, Strawberry 4.5 oz 50 cal	- Philly Cheese Steak Peppers & Onions Sandwich 612 cal - Eisenberg Beef Hot Dog on WG Bun 320 cal - Grilled Cheese Sandwich 309 cal - Homemade Cheese Pizza Slice 354 cal - Homemade Pepperoni Pizza Slice 382 cal - Sweet Waffle Potato 150 cal - Seasoned Black Beans 144 cal - Applesauce, Birthday Cake 4.5 oz 70 cal - Applesauce, Blue Razzleberry 4.5 oz 50 cal	- Buffalo Chicken Wings, 4 each 462 cal - WG Cheese Pizza 376 cal - WG Pepperoni Pizza 403 cal - Grilled Cheese Sandwich 309 cal - Sweet Brazilian Bun 170 cal - Seasoned Crispy Fries 81 cal - Celery Sticks 1/2 c. 60 cal - Peach Cup 90 cal	- Chicken Tenders with Sweet Brazilian Bun, MS/HS 400 cal - Homemade Cheese Pizza Slice 354 cal - Homemade Pepperoni Pizza Slice 382 cal - Grilled Cheese Sandwich 309 cal - Potatoes, Mashed 70 cal - Fresh Cold Broccoli Salad 141 cal - Banana, fresh 146 cal - Tangelos, Fresh 47 cal - Fruit Juice Blend 60 cal - Apple Juice 60 cal	- Tangerine Chicken 219 cal - Grilled Cheese Sandwich 309 cal - Vegetable Fried Brown Rice, 1/2 cup 140 cal - Mandarin Carrot Slaw 67 cal - Italian Blend Vegetables 71 cal - Banana, fresh 146 cal - Red Delicious Apple 75 cal
12	13	14	15	16
No menu published	- Eisenberg Beef Hot Dog on WG Bun 320 cal - Breaded Mozzarella Sticks 400 cal - Grilled Cheese Sandwich 309 cal - Spicy Breaded Chicken Sandwich 340 cal - Dinner Roll 110 cal 24 Hour Zesty Pickles 41 cal - Garlic Spinach 94 cal - Peach Cup 90 cal	- BBQ Chicken Drumstick 227 cal - Breaded Chicken Sandwich 340 cal - Spicy Breaded Chicken Sandwich 340 cal - PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal - Breaded Chicken Sandwich 340 cal - Spicy Breaded Chicken Sandwich 340 cal - Sweet Brazilian Bun 170 cal - Sweet Waffle Potato 150 cal - Seasoned Black Beans 144 cal - Apple Juice 50 cal - Fresh Apple Slices 30 cal	- Spaghetti w/ Meatballs 384 cal - Breaded Chicken Sandwich 340 cal - Spicy Breaded Chicken Sandwich 340 cal - Grilled Cheese Sandwich 309 cal - Dark Green Side Salad 21 cal - Fresh Apple Slices 30 cal - Banana, fresh 146 cal	- Hamburger, 3.0 oz 375 cal - Cheeseburger 410 cal - Impossible Burger 311 cal - Impossible Cheeseburger 346 cal - Black Forest Ham & Cheddar Sandwich 290 cal - PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal - Garlic French Bread Cheese Pizza 383 cal - Twisted Garlic French Bread Pepperoni Pizza 416 cal - Eisenberg Beef Hot Dog on WG Bun 320 cal - Lettuce & Tomato Cup 16 cal - Seasoned Crispy Fries 81 cal - Peach Cup 90 cal
19	20	21	22	23
- Popcorn Chicken with Mac and Cheese 503 cal - Breaded Mozzarella Sticks 400 cal - Hamburger, 3.0 oz 375 cal - Cheeseburger 410 cal - Fresh Steamed Broccoli 54 cal - Strawberry Cup 80 cal - Applesauce, Strawberry 4.5 oz 50 cal	- Philly Cheese Steak Peppers & Onions Rice Bowl 586 cal - Grilled Cheese Sandwich 309 cal - WG Cheese Pizza 426 cal - WG Pepperoni Pizza 403 cal - Sweet Plantain Slices 262 cal - Celery Sticks 1/2 c. 60 cal - Peach Cup 90 cal - Applesauce, Strawberry 4.5 oz 50 cal	- Buffalo Chicken Wings, 4 each 455 cal - WG Cheese Pizza 426 cal - WG Pepperoni Pizza 403 cal - PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal - Breaded Chicken Sandwich 340 cal - Spicy Breaded Chicken Sandwich 340 cal - Sweet Brazilian Bun 170 cal - Sweet Waffle Potato 150 cal - Seasoned Black Beans 144 cal - Apple Juice 50 cal - Fresh Apple Slices 30 cal	- Chicken Tenders with Sweet Brazilian Bun, MS/HS 400 cal - Cheeseburger 339 cal - Hamburger, 2.0 oz 304 cal - Potatoes, Mashed 48 cal - Mango Splash Vegetable Juice 60 cal - Harvest Treats Veg Juice 50 cal - Banana, fresh 146 cal - Tangelos, Fresh 47 cal	- Tangerine Chicken 219 cal - Garlic French Bread Cheese Pizza 383 cal - Twisted Garlic French Bread Pepperoni Pizza 416 cal - Eisenberg Beef Hot Dog on WG Bun 320 cal - Brown Rice 109 cal - Mandarin Carrot Slaw 67 cal - Baby Carrots 34 cal - Fresh Apple Slices 30 cal - Fresh Tangerine 40 cal
26	27	28	29	30
- Black Forest Ham & Cheddar Sandwich 290 cal - Breaded Mozzarella Sticks 400 cal - Cheeseburger 339 cal - Hamburger, 2.0 oz 304 cal - Mango Splash Vegetable Juice 60 cal - Harvest Treats Veg Juice 50 cal - Strawberry Cup 80 cal - Applesauce, Strawberry 4.5 oz 50 cal	- Two California Chicken Tacos 393 cal - Grilled Cheese Sandwich 309 cal - Turkey Taco Salad with Chips 344 cal - WG Cheese Pizza 426 cal - WG Pepperoni Pizza 403 cal - Salsa Dipping Cup 25 cal - Celery Sticks 1/2 c. 60 cal - Applesauce, Cinnamon 4.5 oz 90 cal	- BBQ Chicken Drumstick 227 cal - Eisenberg Beef Hot Dog on WG Bun 320 cal - Grilled Cheese Sandwich 309 cal - WG Cheese Pizza 426 cal - WG Pepperoni Pizza 403 cal - Brown Rice 109 cal - Lettuce & Tomato Cup 16 cal - Seasoned Black Beans 144 cal - Diced Pear Cup 70 cal - Strawberry Cup 80 cal	- Sandwich, Meatball Sub 458 cal - Impossible Burger 311 cal - Breaded Chicken Sandwich 340 cal - Grilled Cheese Sandwich 309 cal - WG Cheese Pizza 426 cal - WG Pepperoni Pizza 403 cal - Spicy Breaded Chicken Sandwich 340 cal - Garlic Spinach 94 cal - Fresh Apple Slices 30 cal - Banana, fresh 146 cal	- Seasonal Shaped Nuggets w/ Sweet Brazilian Bun 350 cal - Grilled Cheese Sandwich 309 cal - Cheeseburger 339 cal - Hamburger, 2.0 oz 304 cal - Garlic French Bread Cheese Pizza 383 cal - Twisted Garlic French Bread Pepperoni Pizza 416 cal - Seasoned Crispy Fries 81 cal - Coleslaw 130 cal - Tangelos, Fresh 47 cal - Orange Wedges 76 cal

Served every day

- Sandwich, PBJ 5.3 oz
- Assorted Milk