

SUPPER

OCTOBER 2026

Rock Springs Elementary School

Orange County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

5

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

6

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

7

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

1

FOUR CHEESE PIZZA WEDGE	330 cal
Fresh Steamed Broccoli	54 cal
Fresh Apple Slices	30 cal
Orange Wedges	76 cal

2

BREADED CHICKEN TENDERS, K-8	280 cal
Tater Tots	113 cal
Peach Cup	90 cal

8

STUFFED CHEESY BREADSTICK	300 cal
Grilled Cheese Sandwich	309 cal
Rotisserie Chicken and Cheese Sandwich	280 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
Banana, fresh	146 cal
Orange Wedges	76 cal

9

HAMBURGER, 2.0 OZ	304 cal
Cheeseburger	339 cal
Turkey & American Sub	311 cal
Tater Tots	113 cal
Mandarin Carrot Slaw	67 cal
Carrot Dippers with Ranch Dressing	81 cal
Pineapple, Wedges Frozen	30 cal
Fresh Tangerine	40 cal
Red Delicious Apple	75 cal
Fresh Apple Slices	30 cal
Peach Cup	90 cal
Strawberry Cup	80 cal
Mixed Berry Fruit Cup	90 cal

12

No menu published

13

BREADED CHICKEN TENDERS, K-8	230 cal
Wheat Crackers	175 cal
Tater Tots	113 cal
Diced Peach Cup	70 cal

14

BREADED MOZZARELLA STICKS	400 cal
Wheat Crackers	175 cal
Fresh Apple Slices	30 cal

15

TURKEY SAUSAGE & CHEESE ON CROISSANT	321 cal
Wheat Crackers	175 cal
Steamed Carrots, 1/2 cup	70 cal
Red Delicious Apple	75 cal

16

FOUR CHEESE PIZZA SLICE	330 cal
Wheat Crackers	175 cal
Fresh Steamed Broccoli	54 cal
Orange Wedges	76 cal

19

CHICKEN NUGGETS WITH SWEET BRAZILIAN BUN	437 cal
Wheat Crackers	175 cal
Green Beans	49 cal
Applesauce 4.5 oz	60 cal

20

CHEESE PIZZA RIPPERS	260 cal
Wheat Crackers	175 cal
Apple Juice	60 cal

21

CHICKEN CORN DOG	250 cal
Wheat Crackers	175 cal
Fresh Broccoli Dippers with Ranch Dressing	60 cal
Banana, fresh	146 cal

22

POPCORN CHICKEN	261 cal
Wheat Crackers	175 cal
Sweet Waffle Potato	150 cal
Orange Wedges	76 cal

23

EISENBERG BEEF HOT DOG ON WG BUN	320 cal
Wheat Crackers	175 cal
Tater Tots	113 cal
Applesauce 4.5 oz	60 cal

26

BREADED CHICKEN TENDERS, K-8	230 cal
Wheat Crackers	175 cal
Tater Tots	113 cal
Diced Peach Cup	70 cal

27

HAMBURGER, 2.0 OZ	304 cal
Cheeseburger	339 cal
Wheat Crackers	175 cal
Sweet Waffle Potato	150 cal
Fresh Tangerine	40 cal

28

CHICKEN WINGS, 4 EACH	418 cal
Sweet Brazilian Bun	170 cal
Fresh Broccoli Dippers with Ranch Dressing	60 cal
Fresh Apple Slices	30 cal

29

STUFFED CHEESY BREADSTICK	300 cal
Wheat Crackers	175 cal
Red Delicious Apple	75 cal

30

POPCORN CHICKEN	261 cal
Wheat Crackers	175 cal
Seasoned Crispy Fries	81 cal
Applesauce 4.5 oz	60 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.