

Monday

Tuesday

Wednesday

Thursday

Friday

5 CHICKEN WAFFLES SANDWICH 377 cal - Black Forest Ham & Cheddar Sandwich 290 cal - WG Cheese Pizza 376 cal - WG Buffalo Chicken Pizza 361 cal - Hamburger, 3.0 oz 375 cal - Cheeseburger 410 cal - Turkey Bacon Cheeseburger 460 cal - Popcorn Chicken with Mac and Cheese 474 cal - Breaded Mozzarella Sticks 411 cal - Popcorn Chicken 203 cal - Breaded Chicken Nuggets 330 cal - PBJ, 2.6 oz & Cheese 380 cal - Popcorn Chicken and Mini Belgium Waffles 413 cal - Emoji Fries 130 cal - Mango Splash Vegetable Juice 60 cal - Harvest Treats Veg Juice 50 cal - Harvest Treats Veg Juice - SD 50 cal - Shredded Lettuce Cup 10 cal - Potatoes, Mashed 70 cal - Peas & Carrots 103 cal - Mix Fruit Cup 80 cal - Strawberry Cup 80 cal - Applesauce, Strawberry 4.5 oz 50 cal - Strawberry Kiwi Juice 60 cal - Fruit Juice Blend 60 cal - Apple Juice 60 cal - Orange Juice 60 cal - Fresh Tangerine 40 cal - Red Delicious Apple 75 cal - Golden Delicious Apple 75 cal	6 PHILLY CHEESE STEAK PEPPERS & ONIONS SANDWICH 612 cal - Philly Steak Peppers & Onions Sandwich (No Cheese) 562 cal - Nachos with Carne Asada & Cheese 516 cal - Romaine Chef Salad 353 cal - with Turkey, Egg & Crackers 403 cal - WG Pepperoni Pizza 403 cal - Tomato and Basil Bianca Pizza 429 cal - PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal - Philly Cheese Steak Sandwich 605 cal - Butterball Turkey Hot Dog on WG Bun 270 cal - Eisenberg Beef Hot Dog on WG Bun 320 cal - Grilled Cheese Sandwich 309 cal - Turkey Barbacon Birria 391 cal - Soft Tacos w/shredded cheese 414 cal - Turkey Barbacon Birria Nachos w/shredded cheese 414 cal - Yogurt, Cheese, w/ Banana Bread Plate 430 cal - Sweet Waffle Potato 150 cal - Fresh Steamed Broccoli 54 cal - Seasoned Black Beans 144 cal - Pinto Beans, 1/2 cup 163 cal - Pinto Beans 163 cal - Salsa Dipping Cup 25 cal - Red Grapes 61 cal - Green Grapes 61 cal - Fruit Juice Blend 60 cal - Applesauce, Birthday Cake 4.5 oz 70 cal - Applesauce, Blue Razzleberry 4.5 oz 50 cal - Peach Cup 90 cal - Strawberry Cup 80 cal - Mixed Berry Fruit Cup 90 cal	7 CAJUN SPICE WINGS 418 cal 4 Chicken Wings Lemon Pepper 482 cal - Hummus Platter with Wheat WG Crackers 649 cal - WG Cheese Pizza 376 cal - WG Pepperoni Pizza 403 cal - Butterball Turkey Hot Dog on WG Bun 270 cal - Eisenberg Beef Hot Dog on WG Bun 320 cal - Buffalo Chicken 462 cal - Wings, 4 each 473 cal - Ranch Chicken Wings, 4 each 473 cal - PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal - Grilled Cheese Sandwich 309 cal - Buttermilk Pancakes w/ Turkey Sausage 300 cal - Egg, Muffin, Cheese, & Apples Box 420 cal - Dinner Roll 110 cal - Sweet Brazilian Bun 170 cal - Cucumber & Carrot Dipper with Ranch Dressing 69 cal - Carrot & Celery Dippers with Ranch Dressing 67 cal - Vegetarian Baked Beans 192 cal - Seasoned Crispy Fries 81 cal - Celery Sticks 1/2 c. 60 cal - Tater Tots 113 cal - Coleslaw 130 cal - Harvest Treats Veg Juice - SD 50 cal - Peach Cup 90 cal - Diced Peach Cup 70 cal - Fresh Apple Slices 30 cal - Red Delicious Apple 75 cal - Golden Delicious Apple 75 cal - Pineapple, Wedges Frozen 30 cal - Fresh Tangerine 40 cal - Orange Wedges 76 cal	8 CHICKEN TENDERS WITH SWEET BRAZILIAN BUN, MS/HS 400 cal - Breaded Drumstick with Sweet Brazilian Bun 380 cal - Spinach Cobb Salad 419 cal - Vegetarian Cobb Salad with Sweet Brazilian Bun 364 cal - WG Cheese Pizza 376 cal - WG Buffalo Chicken Pizza 361 cal - Grilled Cheese Sandwich 309 cal - Turkey Sausage & Cheese on Hamburger Bun 271 cal - 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 - Coleslaw 130 cal - Garlic Spinach 94 cal - Dark Green Side Salad 21 cal - Potatoes, Mashed 70 cal - Fresh Cold Broccoli Salad 141 cal - Garden Side Salad 16 cal - Orange Wedges 76 cal - Apple Juice 60 cal - Banana, fresh 146 cal - Tangelos, Fresh 47 cal - Red Delicious Apple 75 cal - Fruit Juice Blend 60 cal - Strawberry Kiwi Juice 60 cal - Orange Juice 60 cal	2 GARLIC FRENCH BREAD CHEESE PIZZA 383 cal - Fresh Broccoli Dippers with Ranch Dressing 60 cal - Fresh Apple Slices 30 cal - Pineapple, Wedges Frozen 30 cal 219 cal TANGERINE CHICKEN - Asian Teriyaki Chicken 180 cal - Turkey & American Sub 311 cal - Garlic French Bread Cheese Pizza 383 cal - Twisted Garlic French Bread Pepperoni Pizza 416 cal - Breaded Chicken Sandwich 340 cal - Spicy Breaded Chicken Sandwich 340 cal - WG Cheese Pizza 376 cal - Tomato and Basil Bianca Pizza 429 cal - Bento Box with Pepperoni & Cheese 349 cal - 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 - Vegetable Fried Brown Rice 270 cal - Vegetable Fried Brown Rice, 1/2 cup 140 cal - Mandarin Carrot Slaw 67 cal - Roasted Green Beans 99 cal - Italian Blend Vegetables 71 cal - Harvest Treats Veg Juice 50 cal - Harvest Treats Veg Juice - SD 50 cal - Applesauce 4.5 oz 60 cal - Red Grapes 61 cal - Green Grapes 61 cal - Red Delicious Apple 75 cal - Fresh Tangerine 40 cal - Orange Wedges 76 cal - Fresh Apple Slices 30 cal - Pineapple, Wedges Frozen 30 cal - Banana, fresh 146 cal - Tangelos, Fresh 47 cal - Golden Delicious Apple 75 cal - Strawberry Cup 80 cal - Mixed Berry Fruit Cup 90 cal
12 No menu published.	13 HERB ROASTED CHICKEN THIGH 344 cal - Dinner Roll 110 cal - Golden Sun Splash Vegetable Juice 40 cal - Shredded Lettuce Cup 10 cal - Applesauce 4.5 oz 60 cal - Fresh Orange 62 cal	14 HAMBURGER, 2.0 OZ 304 cal - Cheeseburger 339 cal - Vegetarian Baked Beans 192 cal 24 Hour Zesty Pickles 41 cal	15 ASIAN TERIYAKI CHICKEN 180 cal - Vegetable Fried Brown Rice, 1/2 cup 135 cal - Fresh Steamed Broccoli 54 cal	16 6" PERSONAL CHEESE PIZZA 328 cal Seasoned Crispy Fries 81 cal
19 EMPANADA, CHICKEN ENCHILADA 300 cal - Carrot Dippers with Ranch Dressing 81 cal - Tater Tots 113 cal - Fruit Juice Blend 60 cal - Apple Juice 60 cal	20 CUBAN STYLE MOJO PORK 205 cal - Seasoned Brown Rice, 1/2 cup 166 cal - Pinto Beans, 1/2 cup 163 cal - Golden Sun Splash Vegetable Juice 40 cal	21 TURKEY SAUSAGE PATTY, SCRAMBLED EGGS AND CROISSANT 295 cal - Garlic Spinach 94 cal - Carrot Dippers with Ranch Dressing 81 cal	22 BREADED CHICKEN NUGGETS 267 cal - Sweet Brazilian Bun 170 cal - Sweet Plantain Slices 262 cal - Green Beans 49 cal	23 FOUR CHEESE PIZZA SLICE 330 cal - Four Cheese Pepperoni Slice 363 cal - Italian Blend Vegetables 71 cal - Sweet Waffle Potato 150 cal - Apple Juice 60 cal - Fruit Juice Blend 60 cal
26 MEATBALL PIZZA SUB 413 cal - Emoji Fries 130 cal - Golden Sun Splash Vegetable Juice 40 cal - Fruit Juice Blend 60 cal - Apple Juice 60 cal	27 TANGERINE CHICKEN 219 cal - Brown Rice 109 cal - Mandarin Carrot Slaw 67 cal - Mango Splash Vegetable Juice 60 cal	28 BREADED DRUMSTICKS 210 cal - Garlic Bread Stick 100 cal - Steamed Corn, 1/2 cup 108 cal - Garden Side Salad 16 cal	29 CHICKEN CORN DOG 250 cal - Vegetarian Baked Beans 192 cal - Coleslaw 130 cal - Fruit Juice Blend 60 cal - Apple Juice 60 cal	30 No menu published.

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.