

SUPPER

OCTOBER 2026

Southwest Middle School

Orange County Public Schools

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Four Cheese Pizza Wedge 330 cal Fresh Steamed Broccoli 54 cal	2 Breaded Chicken Tenders, K-8 280 cal Tater Tots 113 cal
5 Chicken Corn Dog 250 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 Assorted Milk 110 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 Assorted Milk 110 cal	7 Chicken Wings, 4 each 418 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 Assorted Milk 110 cal	8 Stuffed Cheesy Breadstick 300 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 Assorted Milk 110 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 Assorted Milk 110 cal
12 No menu published	13 Breaded Chicken Tenders, K-8 230 cal Tater Tots 113 cal Diced Peach Cup 70 cal	14 Breaded Mozzarella Sticks 400 cal Fresh Apple Slices 30 cal	15 Turkey Sausage & Cheese on Croissant 321 cal Steamed Carrots, 1/2 cup 70 cal	16 Four Cheese Pizza Slice 330 cal Fresh Steamed Broccoli 54 cal
19 Chicken Nuggets with Sweet Brazilian Bun 437 cal Green Beans 49 cal	20 Cheese Pizza Rippers 260 cal Fruit Juice Blend 60 cal	21 Chicken Corn Dog 250 cal Fresh Broccoli Dippers with Ranch Dressing 60 cal	22 Popcorn Chicken 261 cal Sweet Waffle Potato 150 cal	23 Butterball Turkey Hot Dog on WG Bun 270 cal Tater Tots 113 cal
26 Breaded Chicken Tenders, K-8 230 cal Tater Tots 113 cal	27 Hamburger, 2.0 oz 304 cal Cheeseburger 339 cal Sweet Waffle Potato 150 cal	28 Chicken Wings, 4 each 418 cal Sweet Brazilian Bun 170 cal Fresh Broccoli Dippers with Ranch Dressing 60 cal	29 Stuffed Cheesy Breadstick 300 cal	30 Popcorn Chicken 261 cal Seasoned Crispy Fries 81 cal