

LUNCH

OCTOBER 2026

Spring Lake Elementary School

Orange County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

5 POPCORN CHICKEN 203 cal • PBJ, 2.6 oz & Cheese 380 cal • Potatoes, Mashed 70 cal • Peas & Carrots 103 cal • Fruit Juice Blend 60 cal • Breaded Chicken Tenders, K-8 280 cal	6 TURKEY BARBACOA BIRRIA NACHOS W/SHREDDED CHEESE 414 cal • Yogurt, Cheese, w/ Banana Bread Plate 430 cal • Pinto Beans, 1/2 cup 163 cal • Salsa Dipping Cup 25 cal • Pinto Beans 163 cal • Mixed Berry Fruit Cup 90 cal • Two Soft Turkey Tacos w/ Cheese 248 cal • Peach Cup 90 cal	7 BUTTERMILK PANCAKES W/ TURKEY SAUSAGE 300 cal • Egg, Muffin, Cheese, & Apples Box 420 cal • Tater Tots 113 cal • Coleslaw 130 cal • Fresh Tangerine 40 cal	1 CHICKEN CORN DOG 250 cal • Chicken Fajita Salad w/ Flatbread 426 cal • Vegetarian Baked Beans 192 cal • Coleslaw 130 cal • Fruit Juice Blend 60 cal • Cheeseburger 339 cal	2 TURKEY & AMERICAN SUB 311 cal • Fresh Broccoli Dippers with Ranch Dressing 60 cal • Pineapple, Wedges Frozen 30 cal • Strawberry Cup 80 cal • Garlic French Bread Cheese Pizza 383 cal
12 No menu published	13 HERB ROASTED CHICKEN THIGH 344 cal • Yogurt & Cheese Cool Pack 390 cal • Bento Box w/Pepperoni, Cheese, Marinara, Flatbread 386 cal • Sweet Brazilian Bun 170 cal • Sweet Plantain Slices 262 cal • Golden Sun Splash Vegetable Juice 40 cal • Mango Splash Vegetable Juice 60 cal • Applesauce, Strawberry 4.5 oz 50 cal • Applesauce, Blue Razzleberry 4.5 oz 50 cal	14 HAMBURGER, 2.0 OZ 304 cal • Cheeseburger 339 cal • PBJ Sandwich Box 480 cal • Vegetarian Baked Beans 192 cal • 24 Hour Zesty Pickles 41 cal • Fresh Apple Slices 30 cal	15 TANGERINE CHICKEN 219 cal • Popcorn Chicken Salad 274 cal • Vegetable Fried Brown Rice, 1/2 cup 135 cal • Steamed Broccoli 27 cal • Cucumber Salad 49 cal • Apple Juice 60 cal	16 PIZZABOLI 309 cal • Turkey & American on Bun 251 cal • Garden Side Salad 16 cal • Fresh Tangerine 40 cal
19 EMPANADA, CHICKEN ENCHILADA 300 cal • Yogurt, Cheese, w/ Banana Bread Plate 430 cal • Salsa Dipping Cup 25 cal • Carrot Dippers with Ranch Dressing 81 cal • Fruit Juice Blend 60 cal	20 PBJ, 2.6 OZ & CHEESE 380 cal • Breaded Chicken Tenders, K-8 230 cal • Seasoned Brown Rice, 1/2 cup 166 cal • Mini Loaf Banana 161 cal • Pinto Beans, 1/2 cup 163 cal • Sweet Plantain Slices 262 cal • Shredded Lettuce Cup 10 cal • Pinto Beans 163 cal • Applesauce, Strawberry 4.5 oz 50 cal • Tangerine Chicken 219 cal	21 SCRAMBLED EGGS WITH CHEESE & FRENCH TOAST PLATTER 320 cal • Egg, Muffin, Cheese, & Apples Box 420 cal • Garlic Spinach 94 cal • Harvest Treats Veg Juice 50 cal • Harvest Treats Veg Juice - SD 50 cal • Pineapple, Wedges Frozen 30 cal	22 BREADED CHICKEN NUGGETS 267 cal • Chef Salad w/Turkey, Egg & WG Cracker 299 cal • Potatoes, Mashed 48 cal • Garden Side Salad 16 cal • Apple Juice 60 cal	23 FOUR CHEESE PIZZA SLICE 330 cal • Turkey & American Croissant 301 cal • Italian Blend Vegetables 71 cal • Strawberry Cup 80 cal
26 CRISPY CHORIZO QUESADILLA 360 cal • PBJ Sandwich Box 480 cal • Emoji Fries 130 cal • Salsa Dipping Cup 25 cal • Fruit Juice Blend 60 cal • Cheeseburger 339 cal	27 TANGERINE CHICKEN 219 cal • Hummus Cup Platter 298 cal • Brown Rice 109 cal • Mandarin Carrot Slaw 67 cal • Mango Splash Vegetable Juice 60 cal • Strawberry Cup 80 cal	28 6" PERSONAL CHEESE PIZZA 328 cal • Turkey & American Sub 311 cal • Fresh Broccoli Dippers with Ranch Dressing 60 cal • Fresh Apple Slices 30 cal	29 CHICKEN CORN DOG 250 cal • Chicken Fajita Salad w/Flatbread 426 cal • Vegetarian Baked Beans 192 cal • Coleslaw 130 cal • Apple Juice 60 cal	30 SEASONAL SHAPED NUGGETS 180 cal • Egg, Cheese & Flatbread Box 290 cal • Steamed Corn, 1/2 cup 108 cal • Garden Side Salad 16 cal • Pineapple, Wedges Frozen 30 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.