

LUNCH

OCTOBER 2026

Sunrise Elementary School

Orange County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

5

- BREADED CHICKEN NUGGETS** 330 cal
- PBJ, 2.6 oz & Cheese 380 cal
- Breaded Chicken Tenders, K-8 280 cal
- Potatoes, Mashed 70 cal
- Peas & Carrots 103 cal
- Strawberry Kiwi Juice 60 cal
- Fruit Juice Blend 60 cal

6

- TWO SOFT TURKEY TACOS W/ CHEESE** 248 cal
- Pinto Beans, 1/2 cup 163 cal
- Strawberry Cup 80 cal

7

- GRILLED CHEESE SANDWICH** 309 cal
- 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
- Fresh Apple Slices 30 cal
- Red Delicious Apple 75 cal

1

- CHICKEN CORN DOG** 250 cal
- Chicken Fajita Salad w/ Flatbread 426 cal
- Cheeseburger 339 cal
- Vegetarian Baked Beans 192 cal
- Coleslaw 130 cal
- Fruit Juice Blend 60 cal
- Apple Juice 60 cal

2

- GARLIC FRENCH BREAD CHEESE PIZZA** 383 cal
- Turkey & American Sub 311 cal
- Fresh Steamed Broccoli 54 cal
- Applesauce, Strawberry 4.5 oz 50 cal

12

No menu published

13

- YOGURT & CHEESE COOL PACK** 390 cal
- Sofrito Roasted Chicken Thigh 344 cal
- Sweet Brazilian Bun 170 cal
- Sweet Plantain Slices 262 cal
- Golden Sun Splash Vegetable Juice 40 cal
- Fresh Apple Slices 30 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
- Harvest Treats Veg Juice - SD 50 cal
- Fresh Apple Slices 30 cal

15

- POPCORN CHICKEN SALAD** 274 cal
- Tangerine Chicken 219 cal
- Brown Rice 109 cal
- Fresh Steamed Broccoli 54 cal
- Cucumber Salad 49 cal
- Fruit Juice Blend 60 cal
- Orange Juice 60 cal

16

- PIZZABOLI** 309 cal
- Turkey & American on Bun 251 cal
- Garden Side Salad 16 cal
- Applesauce 4.5 oz 60 cal

19

- CALZONE, CHEESEBURGER** 310 cal
- Yogurt, Cheese, w/ Banana Bread Plate 430 cal
- Salsa Dipping Cup 25 cal
- Carrot Dippers with Ranch Dressing 81 cal
- Strawberry Kiwi Juice 60 cal
- Fruit Juice Blend 60 cal

20

- CUBAN STYLE MOJO PORK** 205 cal
- PBJ, 2.6 oz & Cheese 380 cal
- Tangerine Chicken 219 cal
- Seasoned Brown Rice, 1/2 cup 166 cal
- Pinto Beans, 1/2 cup 163 cal
- Sweet Plantain Slices 262 cal
- Shredded Lettuce Cup 10 cal
- Applesauce, Strawberry 4.5 oz 50 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
- Fresh Tangerine 40 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
- Strawberry Kiwi Juice 60 cal
- Fruit Juice Blend 60 cal

23

- FOUR CHEESE PIZZA SLICE** 330 cal
- Turkey & American Croissant 301 cal
- Italian Blend 71 cal
- Vegetables 80 cal
- Strawberry Cup 80 cal
- Peach Cup 90 cal

26

- MEATBALL PIZZA SUB** 413 cal
- PBJ Sandwich Box 480 cal
- Cheeseburger 339 cal
- Emoji Fries 130 cal
- Salsa Dipping Cup 25 cal
- Harvest Treats Veg Juice - SD 50 cal
- Fruit Juice Blend 60 cal
- Orange Juice 60 cal
- Strawberry Kiwi Juice 60 cal

27

- HUMMUS CUP PLATTER** 298 cal
- Tangerine Chicken 219 cal
- Brown Rice 109 cal
- Salsa Dipping Cup 25 cal
- Mango Splash Vegetable Juice 60 cal
- Strawberry Cup 80 cal
- Peach Cup 90 cal

28

- 6" PERSONAL CHEESE PIZZA** 328 cal
- Turkey & American Sub 311 cal
- Fresh Steamed Broccoli 54 cal
- Harvest Treats Veg Juice - SD 50 cal
- Fresh Apple Slices 30 cal
- Pineapple, Wedges Frozen 30 cal

29

- CHICKEN CORN DOG** 250 cal
- Chicken Fajita Salad w/Flatbread 426 cal
- Vegetarian Baked Beans 192 cal
- Coleslaw 130 cal
- Strawberry Kiwi Juice 60 cal
- Fruit Juice Blend 60 cal
- Apple Juice 50 cal

30

- SEASONAL SHAPED NUGGETS** 180 cal
- Egg, Cheese & Flatbread Box 290 cal
- Steamed Corn, 1/2 cup 108 cal
- Harvest Treats Veg Juice - SD 50 cal
- Fresh Apple Slices 30 cal
- Applesauce 4.5 oz 60 cal

Served every day:
Assorted Milk

Menu data from Orange County Public Schools, drawn by schoolmenuapp.com. Menu subject to change. Calories are per serving, as Orange County Public Schools publishes them.

MenuViewer