

Monday

Tuesday

Wednesday

Thursday

Friday

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 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
Mix Fruit Cup	80 cal
Fresh Tangerine	40 cal
Red Delicious Apple	75 cal
Golden Delicious Apple	75 cal

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 with Turkey, Egg & Crackers	353 cal
WG Pepperoni Pizza	403 cal
Tomato and Basil Bianca Pizza	429 cal
PBJ Sandwich w/ Goldfish Crackers & Cheese	470 cal
Sweet Waffle Potato	150 cal
Fresh Steamed Broccoli	54 cal
Red Grapes	61 cal
Green Grapes	61 cal
Fruit Juice Blend	60 cal

CAJUN SPICE WINGS	418 cal
4 Chicken Wings Lemon Pepper	452 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
Dinner Roll	110 cal
Cucumber & Carrot Dipper with Ranch Dressing	69 cal
Carrot & Celery Dippers with Ranch Dressing	67 cal
Vegetarian Baked Beans	192 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

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
Coleslaw	130 cal
Garlic Spinach	94 cal
Dark Green Side Salad	21 cal
Orange Wedges	76 cal
Apple Juice	60 cal
Banana, fresh	146 cal

TANGERINE CHICKEN	219 cal
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
Vegetable Fried Brown Rice	270 cal
Mandarin Carrot Slaw	67 cal
Roasted Green Beans	99 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

No menu published	
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BUTTERBALL TURKEY HOT DOG ON WG BUN	270 cal
WG Cheese Pizza	426 cal
WG Buffalo Chicken Pizza	414 cal
Spicy Breaded Chicken Sandwich	340 cal
Black Forest Ham & Cheddar Sandwich	290 cal
Sweet Waffle Potato	150 cal
Mango Splash Vegetable Juice	60 cal
Carrot Dippers with Ranch Dressing	81 cal
Fresh Red Apple	77 cal
Mix Fruit Cup	80 cal
Red Delicious Apple	75 cal

HERB ROASTED CHICKEN THIGH	344 cal
WG Cheese Pizza	426 cal
WG Pepperoni Pizza	403 cal
Spinach Cobb Salad	419 cal
Dinner Roll	110 cal
Garlic Spinach	94 cal
Seasoned Black Beans	144 cal
Black Bean & Corn Salsa - 1 cup	244 cal
Fresh Apple Slices	30 cal
Fresh Orange	76 cal
Orange Wedges	76 cal

SANDWICH, MEATBALL SUB	458 cal
Romaine Chef Salad with Turkey, Egg & Crackers	353 cal
WG Cheese Pizza	426 cal
WG Buffalo Chicken Pizza	414 cal
PBJ Sandwich w/ Goldfish Crackers & Cheese	470 cal
Golden Sun Splash Vegetable Juice	40 cal
Fruit Juice Blend	60 cal
Applesauce 4.5 oz	60 cal
Fresh Orange	76 cal

SWEET AND SPICY CHICKEN SANDWICH	411 cal
Turkey & Swiss Croissant Sandwich	321 cal
Stuffed Cheesy Breadstick	300 cal
WG Pepperoni Pizza	403 cal
Butterball Turkey Hot Dog on WG Bun	270 cal
24 Hour Zesty Pickles	41 cal
Steamed Corn, 1/2 cup	108 cal
Corn Salsa	115 cal
Raisels	27 cal
Fresh Apple Slices	30 cal
Fresh Orange	76 cal
Fresh Strawberries	23 cal

CHICKEN WAFFLES SANDWICH	354 cal
Black Forest Ham & Cheddar Sandwich	290 cal
WG Cheese Pizza	426 cal
WG Buffalo Chicken Pizza	414 cal
Sweet Waffle Potato	150 cal
Mango Splash Vegetable Juice	60 cal
Corn Salsa	115 cal
Mix Fruit Cup	80 cal
Fresh DoD Apple	77 cal
Fresh Tangerine	40 cal

CILANTRO LIME RICE CUBAN STYLE MOJO PORK BOWL MS/H	545 cal
Spinach Cobb Salad	419 cal
WG Pepperoni Pizza	403 cal
Tomato and Basil Bianca Pizza	429 cal
PBJ Sandwich w/ Goldfish Crackers & Cheese	470 cal
Sweet Plantain Slices	262 cal
Fresh Steamed Broccoli	54 cal
Mango Splash Vegetable Juice	60 cal
Mixed Berry Fruit Cup	90 cal
Fruit Juice Blend	60 cal
Raisels	27 cal

HONEY BBQ WINGS	475 cal
Hummus Platter with Wheat WG Crackers	649 cal
WG Cheese Pizza	426 cal
WG Pepperoni Pizza	403 cal
Sweet Brazilian Bun	170 cal
Cucumber & Carrot Dipper with Ranch Dressing	69 cal
Vegetarian Baked Beans	192 cal
Black Bean & Corn Salsa - 1 cup	244 cal
Diced Peach Cup	70 cal
Fresh Apple Slices	30 cal
Peach Cup	90 cal

DRUMSTICK WITH CORN BREAD	498 cal
Romaine Chef Salad with Turkey, Egg & Crackers	353 cal
WG Cheese Pizza	426 cal
WG Buffalo Chicken Pizza	414 cal
Grilled Cheese Sandwich	309 cal
Potatoes, Mashed	48 cal
Orange Wedges	76 cal
Apple Juice	60 cal
Fresh Strawberries	23 cal

TANGERINE CHICKEN	219 cal
Garlic French Bread Cheese Pizza	383 cal
Twisted Garlic French Bread Pepperoni Pizza	416 cal
Turkey & American Wrap	301 cal
Vegetable Fried Brown Rice	270 cal
Mandarin Carrot Slaw	67 cal
Roasted Green Beans	99 cal
Cucumber Dippers with Ranch Dressing	61 cal
Orange Wedges	76 cal
Fresh Apple Slices	30 cal
Applesauce 4.5 oz	60 cal

SANDWICH, CHEESE CROISSANT	330 cal
WG Cheese Pizza	426 cal
WG Buffalo Chicken Pizza	414 cal
Spicy Breaded Chicken Sandwich	340 cal
Black Forest Ham & Cheddar Sandwich	290 cal
Sweet Waffle Potato	150 cal
Mango Splash Vegetable Juice	60 cal
Carrot Dippers with Ranch Dressing	81 cal
Mix Fruit Cup	80 cal
Fresh DoD Apple	77 cal
Fresh Apple Slices	30 cal

TWO CALIFORNIA CHICKEN TACOS	393 cal
WG Pepperoni Pizza	403 cal
Tomato and Basil Bianca Pizza	429 cal
Grilled Cheese Sandwich	309 cal
Chicken Salad	120 cal
Corn Tortilla Chips	190 cal
Salsa Dipping Cup	25 cal
Lettuce & Tomato Cup	16 cal
Pico de Gallo	71 cal
Pineapple, Wedges Frozen	30 cal
Fruit Juice Blend	60 cal

HERB ROASTED CHICKEN THIGH	344 cal
WG Cheese Pizza	426 cal
WG Pepperoni Pizza	403 cal
Spinach Cobb Salad	419 cal
Brown Rice	247 cal
Garlic Spinach	94 cal
Seasoned Black Beans	144 cal
Black Bean & Corn Salsa - 1 cup	244 cal
Strawberry Cup	80 cal
Fresh Apple Slices	30 cal
Fresh Orange	76 cal
Orange Wedges	76 cal

SANDWICH, MEATBALL SUB	458 cal
Vegetarian Penne Pasta with Bread Stick	415 cal
Romaine Chef Salad with Turkey, Egg & Crackers	353 cal
WG Cheese Pizza	426 cal
WG Buffalo Chicken Pizza	414 cal
PBJ Sandwich w/ Goldfish Crackers & Cheese	470 cal
Dark Green Side Salad	21 cal
Celery with Ranch Dressing	60 cal
Fresh Steamed Broccoli	54 cal
Golden Sun Splash Vegetable Juice	40 cal
Fruit Juice Blend	60 cal
Banana, fresh	146 cal

SEASONAL SHAPED NUGGETS W/SWEET BRAZILIAN BUN	350 cal
Chicken Salad on Croissant	310 cal
Stuffed Cheesy Breadstick	300 cal
Tomato and Basil Bianca Pizza	429 cal
Butterball Turkey Hot Dog on WG Bun	270 cal
Eisenberg Beef Hot Dog on WG Bun	320 cal
Seasoned Crispy Fries	81 cal
Coleslaw	130 cal
Celery with Ranch Dressing	60 cal
Corn Salsa	115 cal
Raisels	27 cal
Red Delicious Apple	75 cal
Golden Delicious Apple	75 cal
Fresh Apple Slices	30 cal
Pineapple, Wedges Frozen	30 cal
Orange Wedges	76 cal
Banana, fresh	146 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.

MenuMaster