

LUNCH

OCTOBER 2026

Vista Lakes Elementary School

Orange County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

5	
POPCORN CHICKEN	203 cal
Breaded Chicken	330 cal
Nuggets	
PBJ, 2.6 oz & Cheese	380 cal
Potatoes, Mashed	70 cal
Peas & Carrots	103 cal
Strawberry Kiwi Juice	60 cal
Fruit Juice Blend	60 cal
Apple Juice	60 cal
Orange Juice	60 cal

6	
TURKEY BARBACOA BIRRIA SOFT TACOS W/SHREDDED CHEESE	391 cal
Turkey Barbecue 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
Peach Cup	90 cal
Strawberry Cup	80 cal
Mixed Berry Fruit Cup	90 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	
BUTTERBALL TURKEY HOT DOG ON WG BUN	270 cal
Chicken Fajita Salad w/ Flatbread	426 cal
Vegetarian Baked Beans	192 cal
Coleslaw	130 cal
Fruit Juice Blend	60 cal
Apple Juice	60 cal
Orange Juice	60 cal

2	
6" PERSONAL CHEESE PIZZA	328 cal
Turkey & American Sub	311 cal
Fresh Steamed Broccoli	54 cal

12	
No menu published	

13	
HERB ROASTED CHICKEN THIGH	344 cal
Yogurt & Cheese	390 cal
Cool Pack	
Sweet Brazilian Bun	170 cal
Sweet Plantain Slices	262 cal
Golden Sun Splash Vegetable Juice	40 cal
Applesauce, Strawberry 4.5 oz	50 cal

14	
HAMBURGER, 2.0 OZ	304 cal
Cheeseburger	339 cal
PB&J 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
Brown Rice	109 cal
Steamed Broccoli	27 cal
Cucumber Salad	49 cal
Fruit Juice Blend	60 cal
Apple Juice	60 cal
Orange Juice	60 cal

16	
STUFFED CHEESY BREADSTICK	300 cal
Turkey & American on Bun	251 cal
Garden Side Salad	16 cal
Applesauce, Birthday Cake 4.5 oz	70 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
Apple Juice	60 cal
Orange Juice	60 cal

20	
CUBAN STYLE MOJO PORK	205 cal
PB&J, 2.6 oz & Cheese	380 cal
Seasoned Brown Rice, 1/2 cup	166 cal
Pinto Beans, 1/2 cup	163 cal
Sweet Plantain Slices	262 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 DoD Apple	77 cal
Fresh Orange	62 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
Fruit Juice Blend	60 cal
Apple Juice	60 cal
Orange Juice	60 cal

23	
FOUR CHEESE PIZZA SLICE	330 cal
Turkey & American Croissant	301 cal
Italian Blend Vegetables	71 cal
Fresh DoD Apple	77 cal
Fresh Orange	62 cal

26	
MEATBALL PIZZA SUB	413 cal
PB&J Sandwich Box	480 cal
Emoji Fries	130 cal
Fruit Juice Blend	60 cal
Apple Juice	60 cal
Orange Juice	60 cal

27	
TANGERINE CHICKEN	219 cal
Hummus Cup Platter	298 cal
Brown Rice	109 cal
Salsa Dipping Cup	25 cal
Mango Splash Vegetable Juice	60 cal
Strawberry Cup	80 cal

28	
6" PERSONAL CHEESE PIZZA	328 cal
Turkey & American Sub	311 cal
Fresh Steamed Broccoli	54 cal
Applesauce, Strawberry 4.5 oz	50 cal

29	
CHICKEN FAJITA SALAD W/FLATBREAD	426 cal
Butterball Turkey Hot Dog on WG Bun	270 cal
Vegetarian Baked Beans	192 cal
Coleslaw	130 cal
Fruit Juice Blend	60 cal
Apple Juice	60 cal
Orange 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
Fresh Orange	62 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.