

LUNCH

OCTOBER 2026

Water Spring Middle School

Orange County Public Schools

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			SANDWICH, MEATBALL SUB 458 cal Grilled Cheese Sandwich 309 cal 24 Hour Zesty Pickles 41 cal Garlic Spinach 94 cal Fresh Apple Slices 30 cal	SWEET AND SPICY CHICKEN SANDWICH 411 cal WG Cheese Pizza 376 cal WG Pepperoni Pizza 403 cal Roasted Glazed Carrots 74 cal Sweet Waffle Potato 150 cal Banana, fresh 146 cal
5	6	7	8	9
POPCORN CHICKEN WITH MAC AND CHEESE 474 cal Black Forest Ham & Cheddar Sandwich 290 cal Mango Splash Vegetable Juice 60 cal Shredded Lettuce Cup 10 cal Harvest Treats Veg Juice - SD 50 cal Strawberry Cup 80 cal	NACHOS WITH CARNE ASADA & CHEESE 516 cal Grilled Cheese Sandwich 309 cal Sweet Waffle Potato 150 cal Pinto Beans, 1/2 cup 163 cal Pinto Beans 163 cal Applesauce, Strawberry 4.5 oz 50 cal	RANCH CHICKEN WINGS, 4 EACH 473 cal PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal Sweet Brazilian Bun 170 cal Seasoned Crispy Fries 81 cal Celery Sticks 1/2 c. 60 cal Pineapple, Wedges Frozen 30 cal Peach Cup 90 cal	CHICKEN TENDERS WITH SWEET BRAZILIAN BUN, MS/HS 400 cal Potatoes, Mashed 70 cal Fresh Cold Broccoli Salad 141 cal Peach Cup 90 cal	TANGERINE CHICKEN 219 cal WG Cheese Pizza 376 cal Tomato and Basil Bianca Pizza 429 cal Mandarin Carrot Slaw 67 cal Italian Blend Vegetables 71 cal Pineapple, Wedges Frozen 30 cal
12	13	14	15	16
No menu published	BUTTERBALL TURKEY HOT DOG ON WG BUN 270 cal Breaded Mozzarella Sticks 400 cal Turkey Sausage & Cheese on Croissant 321 cal Seasoned Black Beans 144 cal Diced Pear Cup 70 cal	BBQ CHICKEN DRUMSTICK 227 cal Breaded Chicken Sandwich 340 cal Spicy Breaded Chicken Sandwich 340 cal Dinner Roll 110 cal 24 Hour Zesty Pickles 41 cal Garlic Spinach 94 cal Pineapple, Wedges Frozen 30 cal Peach Cup 90 cal	PBJ SANDWICH W/ GOLDFISH CRACKERS & CHEESE 470 cal Rotini w/ Meatballs 411 cal Dark Green Side Salad 21 cal Fresh Apple Slices 30 cal	HAMBURGER, 3.0 OZ 375 cal Cheeseburger 410 cal Impossible Burger 311 cal Impossible Cheeseburger 346 cal PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal Lettuce & Tomato Cup 16 cal Seasoned Crispy Fries 81 cal Pineapple, Wedges Frozen 30 cal Peach Cup 90 cal
19	20	21	22	23
BREADED MOZZARELLA STICKS 400 cal Black Forest Ham & Cheddar Sandwich 290 cal Chicken Waffles sandwich 354 cal Fresh Steamed Broccoli 54 cal Strawberry Cup 80 cal	PHILLY CHEESE STEAK PEPPERS & ONIONS RICE BOWL 586 cal Grilled Cheese Sandwich 309 cal Sweet Plantain Slices 262 cal Celery Sticks 1/2 c. 60 cal Peach Cup 90 cal	RANCH CHICKEN WINGS, 4 EACH 473 cal PBJ Sandwich w/ Goldfish Crackers & Cheese 470 cal Sweet Brazilian Bun 170 cal Sweet Waffle Potato 150 cal Seasoned Black Beans 144 cal Cucumber-1c 16 cal Fresh Apple Slices 30 cal	CHICKEN TENDERS WITH SWEET BRAZILIAN BUN, MS/HS 400 cal Turkey Sausage & Cheese on Hamburger Bun 271 cal Potatoes, Mashed 48 cal Mango Splash Vegetable Juice 60 cal Banana, fresh 146 cal	TANGERINE CHICKEN 219 cal Turkey Sausage & Cheese on Biscuit 321 cal Brown Rice 109 cal Mandarin Carrot Slaw 67 cal TomatoDippers 25 cal Fresh Apple Slices 30 cal
26	27	28	29	30
BREADED MOZZARELLA STICKS 400 cal Mango Splash Vegetable Juice 60 cal Strawberry Cup 80 cal	TWO CALIFORNIA CHICKEN TACOS 393 cal Grilled Cheese Sandwich 309 cal Salsa Dipping Cup 25 cal Celery Sticks 1/2 c. 60 cal Pineapple, Wedges Frozen 30 cal	BBQ CHICKEN DRUMSTICK 227 cal WG Cheese Pizza 426 cal Brown Rice 109 cal Lettuce & Tomato Cup 16 cal Seasoned Black Beans 144 cal Strawberry Cup 80 cal	SANDWICH, MEATBALL SUB 458 cal Impossible Burger 311 cal Garlic Spinach 94 cal Fresh Apple Slices 30 cal	SEASONAL SHAPED NUGGETS W/SWEET BRAZILIAN BUN 350 cal Breaded Chicken Sandwich 340 cal Spicy Breaded Chicken Sandwich 340 cal Seasoned Crispy Fries 81 cal Coleslaw 130 cal Fresh Apple Slices 30 cal Banana, fresh 146 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.