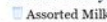


# West Oaks Elementary School

Lunch · October 2026

| Monday                                                                                                                                                                                                                                                                                                                                                        | Tuesday                                                                                                                                                                                                                                                                                                                                                                                               | Wednesday                                                                                                                                                                                                                                                                                                                                               | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                         | <b>1</b><br><b>Chicken Corn Dog</b> 250 cal<br>Butterball Turkey Hot Dog on WG Bun 270 cal<br>Eisenberg Beef Hot Dog on WG Bun 320 cal<br>Chicken Fajita Salad w/ Flatbread 426 cal<br>Breaded Chicken Sandwich 340 cal<br>Spicy Breaded Chicken Sandwich 340 cal<br>Vegetarian Baked Beans 192 cal<br>Coleslaw 130 cal<br>Strawberry Kiwi Juice 60 cal<br>Fruit Juice Blend 60 cal<br>Apple Juice 60 cal<br>Orange Juice 60 cal<br>Hamburger, 2.0 oz 304 cal<br>Cheeseburger 339 cal<br>Impossible Burger 311 cal | <b>2</b><br><b>6" Personal Cheese Pizza</b> 328 cal<br>Garlic French Bread Cheese Pizza 383 cal<br>Turkey & American Sub 311 cal<br>Four Cheese Pepperoni Pizza, WW 363 cal<br>Fresh Steamed Broccoli 54 cal<br>Fresh Broccoli Dippers with Ranch Dressing 60 cal<br>Fresh Apple Slices 30 cal<br>Pineapple, Wedges Frozen 30 cal<br>Orange Wedges 76 cal<br>Applesauce, Strawberry 4.5 oz 50 cal<br>Strawberry Cup 80 cal<br>Peach Cup 90 cal<br>Mixed Berry Fruit Cup 90 cal |
| <b>5</b><br><b>Popcorn Chicken</b> 203 cal<br>Breaded Chicken Nuggets 330 cal<br>PBJ, 2.6 oz & Cheese 380 cal<br>Potatoes, Mashed 70 cal<br>Peas & Carrots 103 cal<br>Strawberry Kiwi Juice 60 cal<br>Fruit Juice Blend 60 cal<br>Apple Juice 60 cal<br>Orange Juice 60 cal<br>Breaded Chicken Tenders, K-8 280 cal                                           | <b>6</b><br><b>Turkey Barbacoa Birria Soft Tacos w/shredded cheese</b> 391 cal<br>Turkey Barbacoa Birria Nachos w/shredded cheese 414 cal<br>Yogurt, Cheese, w/ Banana Bread Plate 430 cal<br>Pinto Beans, 1/2 cup 163 cal<br>Salsa Dipping Cup 25 cal<br>Pinto Beans 163 cal<br>Peach Cup 90 cal<br>Strawberry Cup 80 cal<br>Mixed Berry Fruit Cup 90 cal<br>Two Soft Turkey Tacos w/ Cheese 248 cal | <b>7</b><br><b>Grilled Cheese Sandwich</b> 309 cal<br>Buttermilk Pancakes w/ Turkey Sausage 300 cal<br>Egg, Muffin, Cheese, & Apples Box 420 cal<br>Tater Tots 113 cal<br>Coleslaw 130 cal<br>Fresh Tangerine 40 cal<br>Fresh Apple Slices 30 cal<br>Red Delicious Apple 75 cal                                                                         | <b>8</b><br><b>Mac and Cheese</b> 372 cal<br>Spaghetti w/ Meatballs 394 cal<br>Grilled Chicken Breast Salad 196 cal<br>Popcorn Chicken with Mac and Cheese 474 cal<br>Spaghetti & Meatballs with Garlic Bread Stick 378 cal<br>Garlic Spinach 94 cal<br>Garden Side Salad 16 cal<br>Strawberry Kiwi Juice 60 cal<br>Fruit Juice Blend 60 cal<br>Apple Juice 60 cal<br>Orange Juice 60 cal                                                                                                                          | <b>9</b><br><b>Four Cheese Pizza Wedge</b> 330 cal<br>Breaded Mozzarella Sticks 411 cal<br>Bento Box 476 cal<br>w/Pepperoni, Cheese, Marinara, Flatbread<br>Four Cheese Pepperoni Pizza, WW 363 cal<br>Harvest Treats Veg Juice 50 cal<br>Harvest Treats Veg Juice - SD 50 cal<br>Fresh Tangerine 40 cal<br>Fresh Apple Slices 30 cal<br>Red Delicious Apple 75 cal<br>Strawberry Cup 80 cal<br>Mixed Berry Fruit Cup 90 cal<br>Applesauce 4.5 oz 60 cal                       |
| <b>12</b><br>No menu published                                                                                                                                                                                                                                                                                                                                | <b>13</b><br><b>Herb Roasted Chicken Thigh</b> 344 cal<br>Yogurt & Cheese Cool Pack 390 cal<br>Sweet Brazilian Bun 170 cal<br>Sweet Plantain Slices 262 cal<br>Golden Sun Splash Vegetable Juice 40 cal<br>Applesauce 4.5 oz 60 cal<br>Applesauce, Strawberry 4.5 oz 50 cal                                                                                                                           | <b>14</b><br><b>Hamburger, 2.0 oz</b> 304 cal<br>Cheeseburger 339 cal<br>PBJ Sandwich Box 480 cal<br>Vegetarian Baked Beans 192 cal<br>24 Hour Zesty Pickles 41 cal<br>Fresh Apple Slices 30 cal<br>Fresh Tangerine 40 cal<br>Impossible Burger 311 cal                                                                                                 | <b>15</b><br><b>Tangerine Chicken</b> 219 cal<br>Popcorn Chicken Salad 274 cal<br>Brown Rice 109 cal<br>Fresh Steamed Broccoli 54 cal<br>Cucumber Salad 49 cal<br>Strawberry Kiwi Juice 60 cal                                                                                                                                                                                                                                                                                                                     | <b>16</b><br><b>PizzaBoli</b> 309 cal<br>Turkey & American on Bun 251 cal<br>Garden Side Salad 16 cal<br>Fresh Apple Slices 30 cal<br>Applesauce 4.5 oz 60 cal                                                                                                                                                                                                                                                                                                                 |
| <b>19</b><br><b>Calzone, Cheeseburger</b> 310 cal<br>Yogurt, Cheese, w/ Banana Bread Plate 430 cal<br>Salsa Dipping Cup 25 cal<br>Carrot Dippers with Ranch Dressing 81 cal<br>Fruit Juice Blend 60 cal                                                                                                                                                       | <b>20</b><br><b>Cuban Style Mojo Pork</b> 205 cal<br>PBJ, 2.6 oz & Cheese 380 cal<br>Mini Loaf Banana 161 cal<br>Pinto Beans, 1/2 cup 163 cal<br>Sweet Plantain Slices 262 cal<br>Shredded Lettuce Cup 10 cal<br>Applesauce 4.5 oz 60 cal<br>Diced Pear Cup 70 cal<br>Tangerine Chicken 219 cal<br>Seasoned Brown Rice, 1/2 cup 166 cal                                                               | <b>21</b><br><b>Scrambled Eggs with Cheese &amp; French Toast Platter</b> 320 cal<br>Egg, Muffin, Cheese, & Apples Box 420 cal<br>Garlic Spinach 94 cal<br>Harvest Treats Veg Juice 50 cal<br>Orange Wedges 76 cal<br>Fresh Apple Slices 30 cal                                                                                                         | <b>22</b><br><b>Breaded Chicken Nuggets</b> 267 cal<br>Breaded Chicken Breast Tenders 230 cal<br>Chef Salad w/Turkey, Egg & WG Cracker 299 cal<br>Potatoes, Mashed 48 cal<br>Garden Side Salad 16 cal<br>Strawberry Kiwi Juice 60 cal<br>Fruit Juice Blend 60 cal<br>Apple Juice 60 cal<br>Orange Juice 60 cal                                                                                                                                                                                                     | <b>23</b><br><b>Four Cheese Pizza Slice</b> 330 cal<br>Four Cheese Pepperoni Slice 363 cal<br>Turkey & American Croissant 301 cal<br>Turkey & American Wrap 301 cal<br>6" Personal Cheese Pizza 328 cal<br>Italian Blend Vegetables 71 cal<br>Strawberry Cup 80 cal<br>Peach Cup 90 cal<br>Mixed Berry Fruit Cup 90 cal                                                                                                                                                        |
| <b>26</b><br><b>Meatball Pizza Sub</b> 413 cal<br>Crispy Chorizo Quesadilla 360 cal<br>PBJ Sandwich Box 480 cal<br>Emoji Fries 130 cal<br>Salsa Dipping Cup 25 cal<br>Strawberry Kiwi Juice 60 cal<br>Fruit Juice Blend 60 cal<br>Apple Juice 60 cal<br>Orange Juice 60 cal<br>Hamburger, 2.0 oz 304 cal<br>Cheeseburger 339 cal<br>Impossible Burger 311 cal | <b>27</b><br><b>Tangerine Chicken</b> 219 cal<br>Seasoned Chicken 177 cal<br>Chicken Egg Roll 150 cal<br>Hummus Cup Platter 298 cal<br>Brown Rice 109 cal<br>Warm 6" Tortilla 70 cal<br>Mandarin Carrot Slaw 67 cal<br>Salsa Dipping Cup 25 cal<br>Mango Splash Vegetable Juice 60 cal<br>Strawberry Cup 80 cal<br>Peach Cup 90 cal<br>Mixed Berry Fruit Cup 90 cal                                   | <b>28</b><br><b>6" Personal Cheese Pizza</b> 328 cal<br>Garlic French Bread Cheese Pizza 383 cal<br>Turkey & American Sub 311 cal<br>Fresh Steamed Broccoli 54 cal<br>Fresh Broccoli Dippers with Ranch Dressing 60 cal<br>Fresh Apple Slices 30 cal<br>Pineapple, Wedges Frozen 30 cal<br>Orange Wedges 76 cal<br>Applesauce, Strawberry 4.5 oz 50 cal | <b>29</b><br><b>Chicken Corn Dog</b> 250 cal<br>Butterball Turkey Hot Dog on WG Bun 270 cal<br>Eisenberg Beef Hot Dog on WG Bun 320 cal<br>Chicken Fajita Salad w/Flatbread 426 cal<br>Breaded Chicken Sandwich 340 cal<br>Spicy Breaded Chicken Sandwich 340 cal<br>Vegetarian Baked Beans 192 cal<br>Coleslaw 130 cal<br>Strawberry Kiwi Juice 60 cal<br>Fruit Juice Blend 60 cal<br>Apple Juice 60 cal<br>Orange Juice 60 cal                                                                                   | <b>30</b><br><b>Seasonal Shaped Nuggets</b> 180 cal<br>Egg, Cheese & Flatbread Box 290 cal<br>Four Cheese Pepperoni Slice 363 cal<br>Steamed Corn, 1/2 cup 108 cal<br>Garden Side Salad 16 cal<br>Fresh Apple Slices 30 cal<br>Pineapple, Wedges Frozen 30 cal<br>Orange Wedges 76 cal<br>Applesauce, Strawberry 4.5 oz 50 cal                                                                                                                                                 |

Served every day  
 Assorted Milk