

Wyndham Lakes Elementary School

Lunch · October 2026

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
- Breaded Chicken Tenders, K-8 280 cal

6

- Turkey Barbacoa Birria Soft Tacos w/shredded cheese** 391 cal
- Turkey Barbacoa 414 cal
- Birria Nachos w/shredded cheese
- 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
- Two Soft Turkey Tacos w/ Cheese 248 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

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- Butterball Turkey Hot Dog on WG Bun** 270 cal
- Chicken Fajita Salad w/ Flatbread 426 cal
- Vegetarian Baked Beans 192 cal
- Coleslaw 130 cal
- Apple Juice 60 cal
- Cheeseburger 339 cal

2

- 6" Personal Cheese Pizza** 328 cal
- Turkey & American Sub 311 cal
- Fresh Steamed Broccoli 54 cal
- Pineapple, Wedges Frozen 30 cal

8

- Mac and Cheese** 372 cal
- Spaghetti w/ Meatballs 394 cal
- Grilled Chicken Breast Salad 196 cal
- Popcorn Chicken with Mac and Cheese 474 cal
- Spaghetti & Meatballs with Garlic Bread Stick 378 cal
- Garlic Spinach 94 cal
- Garden Side Salad 16 cal
- Strawberry Kiwi Juice 60 cal
- Fruit Juice Blend 60 cal
- Apple Juice 60 cal
- Orange Juice 60 cal

9

- Four Cheese Pizza Wedge** 330 cal
- Breaded Mozzarella Sticks 411 cal
- Bento Box w/Pepperoni, Cheese, Marinara, Flatbread 476 cal
- Four Cheese Pepperoni Pizza, WW 363 cal
- Harvest Treats Veg Juice 50 cal
- Harvest Treats Veg Juice - SD 50 cal
- Fresh Tangerine 40 cal
- Fresh Apple Slices 30 cal
- Red Delicious Apple 75 cal
- Strawberry Cup 80 cal
- Mixed Berry Fruit Cup 90 cal
- Applesauce 4.5 oz 60 cal

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No menu published

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No menu published

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No menu published

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No menu published

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No menu published

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No menu published

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No menu published

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No menu published

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No menu published

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No menu published

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No menu published

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No menu published

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No menu published

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No menu published

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No menu published

Served every day

Assorted Milk