



Emerald Cove Middle School

Lunch · October 2026

Monday

- Chicken Patty Sandwich** 351 cal
- Hot Dog** 309 cal
- Relish** 15 cal
- Italian Sub** 416 cal
- Sweet Potato Waffle Fries** 183 cal

Tuesday

- Walking Taco** 367 cal
- Salsa and Shredded Lettuce** 25 cal
- Sour Cream** 14 cal
- Sliced Jalapenos** 60 cal
- Breaded Mozzarella Cheese Sticks** 493 cal
- Marinara Dipping Cup** 40 cal
- Grilled Chicken Salad** 199 cal
- Croutons** 284 cal
- Chocolate Chip Muffin Platter** 417 cal
- Seasoned Black Beans** 142 cal

Wednesday

- Orange Chicken** 388 cal
- Rice with Veggies** 241 cal
- Macaroni and Cheese** 350 cal
- Dinner Roll** 80 cal
- Chicken Tender Wrap** 80 cal
- Garden Salad with Egg & Cheese** 142 cal
- Croutons** 284 cal
- Broccoli** 38 cal

Thursday

- Hamburger** 319 cal
- Cheeseburger** 355 cal
- Cheezy Hotz Chicken Bites** 217 cal
- Dinner Roll** 80 cal
- Popcorn Chicken Salad** 312 cal
- Croutons** 142 cal
- Potato Sticks** 100 cal
- Pickle** 4 cal

Friday

- Southern Hot Chicken and Waffle** 564 cal
- Wild Mike's Cheesy Bites** 422 cal
- Marinara Dipping Cup** 40 cal
- Blueberry Muffin Platter** 424 cal
- Corn** 80 cal

No menu published

- Chicken Soft Taco** 397 cal
- Black Beans & Rice** 136 cal
- Salsa and Shredded Lettuce** 25 cal
- Sliced Jalapenos** 14 cal
- Hamburger** 319 cal
- Cheeseburger** 355 cal
- Grilled Chicken Caesar Salad** 158 cal
- Croutons** 284 cal
- Caesar Dressing** 340 cal
- Banana Muffin Platter** 387 cal
- Yuca Fries** 219 cal

- Penne Pasta with Meatballs** 391 cal
- Breadstick** 110 cal
- Breaded Mozzarella Cheese Sticks** 493 cal
- Marinara Dipping Cup** 40 cal
- Italian Sub** 416 cal
- Yogurt & Cheese** 400 cal
- Cube Platter** 40 cal
- Green Beans** 40 cal

- Chicken & Vegetable Potstickers with Ramen** 427 cal
- Deep Dish Cheese Pizza** 310 cal
- Chicken Tenders** 290 cal
- Salad** 290 cal
- Croutons** 142 cal
- Asian Broccoli** 75 cal

- Chicken Nuggets** 236 cal
- Brazilian Sweet Bread** 100 cal
- Plant-Based Nuggets** 256 cal
- Meat Trio Pizza Wedge** 350 cal
- Banana Muffin Platter** 387 cal
- Potato Sticks** 100 cal

- BBQ Pulled Pork** 300 cal
- Hushpuppies** 150 cal
- Macaroni and Cheese** 350 cal
- Turkey and Cheese Sub** 337 cal
- Turkey and Cheese Wrap** 367 cal
- BBQ Baked Beans** 205 cal

- Beef Nachos w/Tortilla Chips** 428 cal
- Cheezy Hotz Chicken Bites** 217 cal
- Dinner Roll** 80 cal
- Popcorn Chicken Salad** 312 cal
- Croutons** 142 cal
- Chocolate Chip Muffin Platter** 417 cal
- Sliced Sweet Plantains** 280 cal

- Beef and Broccoli Ramen Bowl** 505 cal
- Cheese Stuffed Crust Wedge Pizza** 309 cal
- Pepperoni Stuffed Crust Wedge Pizza** 310 cal
- Nashville Hot Chicken Wrap** 466 cal
- Strawberry Yogurt Parfait** 277 cal
- Mini Graham Bite** 110 cal
- Chortles** 74 cal
- Peas and Carrots** 74 cal

- Chicken and Mashed Potato Bowl** 420 cal
- Classic Whole Grain Biscuit** 159 cal
- Meat Lovers Stromboli** 310 cal
- Marinara Dipping Cup** 40 cal
- Chef Salad with Turkey and Egg** 208 cal
- Croutons** 142 cal
- Corn** 80 cal

- Chicken Patty Sandwich** 351 cal
- Breaded Mozzarella Cheese Sticks** 493 cal
- Marinara Dipping Cup** 40 cal
- Chocolate Chip Muffin Platter** 417 cal
- Broccoli** 38 cal
- Pickle** 4 cal

- Spicy Chicken Sandwich** 350 cal
- Deep Dish Cheese Pizza** 310 cal
- Italian Sub** 416 cal
- Green Peas** 89 cal

- Kielbasa Sub** 400 cal
- Chicken Fajita** 230 cal
- Spanish Rice** 230 cal
- Blueberry Muffin Platter** 424 cal
- Grilled Chicken Caesar Salad** 158 cal
- Croutons** 284 cal
- Caesar Dressing** 340 cal
- Seasoned Red Beans** 166 cal

- Pasta Penne with Meat Sauce** 468 cal
- Penne Pasta** 262 cal
- Breadstick** 110 cal
- Chicken Tenders** 439 cal
- Mandarin Chicken Salad** 338 cal
- Croutons** 142 cal
- Turkey and Cheese Sub** 337 cal
- Turkey and Cheese Wrap** 367 cal
- Broccoli** 38 cal

- Chicken Adobo** 383 cal
- Brown Rice** 99 cal
- Wild Mike's Cheesy Bites** 422 cal
- Marinara Dipping Cup** 40 cal
- Chicken Tender Wrap** 80 cal
- Green Beans** 40 cal

- Mini Twin Cheeseburgers** 316 cal
- Cheese Stuffed Crust Wedge Pizza** 309 cal
- Pepperoni Stuffed Crust Wedge Pizza** 310 cal
- Blueberry Muffin Platter** 424 cal
- Potato Smiles** 196 cal
- Frozen Italian Ice** 90 cal

Served every day

or · offered with · Grape PB&J Sandwich · Grape Soybutter Sandwich Platter · Turkey & Cheese Sandwich