



Wellington Landings Middle

Lunch · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

5

Chicken Patty Sandwich

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

6

Walking Taco

- Salsa 367 cal
- and 25 cal
- Shredded Lettuce 14 cal
- Sour Cream 60 cal
- Sliced Jalapenos
- 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

7

Orange Chicken

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

1

Hamburger

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

2

Southern Hot Chicken and Waffle

- Wild Mike's Cheesy Bites 564 cal
- 422 cal
- Marinara Dipping Cup 40 cal
- Blueberry Muffin Platter 424 cal
- Corn 80 cal

No menu published

13

Chicken Soft Taco

- Black Beans & Rice 397 cal
- and 136 cal
- Salsa 25 cal
- Shredded Lettuce 14 cal
- Sliced Jalapenos
- 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

14

Penne Pasta with Meatballs

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

15

Chicken & Vegetable Potstickers with Ramen

- Deep Dish Cheese Pizza 427 cal
- 310 cal
- Chicken Tenders 290 cal
- Salad
- Croutons 142 cal
- Asian Broccoli 75 cal

16

Chicken Nuggets

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

19

BBQ Pulled Pork

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

20

Beef Nachos w/Tortilla Chips

- Cheezy Hotz Chicken Bites 428 cal
- Dinner Roll 217 cal
- Popcorn Chicken 80 cal
- Salad 312 cal
- Croutons 142 cal
- Chocolate Chip Muffin Platter 417 cal
- Sliced Sweet Plantains 280 cal

21

Beef and Broccoli Ramen Bowl

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

22

Chicken and Mashed Potato Bowl

- Classic Whole Grain Biscuit 420 cal
- 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

23

Chicken Patty Sandwich

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

26

Spicy Chicken Sandwich

- Deep Dish Cheese Pizza 350 cal
- 310 cal
- Italian Sub 416 cal
- Green Peas 89 cal

27

Kielbasa Sub

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

28

Pasta Penne with Meat Sauce

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

29

Chicken Adobo

- Brown Rice 383 cal
- Wild Mike's Cheesy Bites 99 cal
- 422 cal
- Marinara Dipping Cup 40 cal
- Chicken Tender Wrap 208 cal
- Green Beans 40 cal

30

Mini Twin Cheeseburgers

- Cheese Stuffed Crust Wedge Pizza 316 cal
- 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