



Worthington High School

Lunch · October 2026

Monday**Tuesday****Wednesday****Thursday****Friday**

- 5**
- Chicken Patty Sandwich** 339 cal
 - Italian Sub** 416 cal
 - Chocolate Chip Muffin Platter** 417 cal
 - Romaine Salad** 11 cal
 - Fresh Baby Carrots** 20 cal

- 6**
- Breaded Mozzarella Cheese Sticks** 493 cal
 - offered with **Marinara Dipping Cup** 40 cal
 - Grilled Chicken Salad** 199 cal
 - Croutons** 284 cal
 - Chocolate Chip Muffin Platter** 417 cal
 - Corn & Bean Salsa** 156 cal
 - Fresh Cucumber Slices** 14 cal

- 7**
- Jamaican Beef Patty** 460 cal
 - offered with **Taco Sauce** 10 cal
 - Chicken Tender Wrap** 417 cal
 - Chocolate Chip Muffin Platter** 417 cal
 - Romaine Salad** 11 cal
 - Fresh Baby Carrots** 20 cal

- 8**
- Wild Mike's Cheesy Bites** 422 cal
 - offered with **Marinara Dipping Cup** 40 cal
 - Buffalo Chicken Bites** 329 cal
 - Croutons** 142 cal
 - Breadstick** 110 cal
 - Chocolate Chip Muffin Platter** 417 cal
 - Corn & Bean Salsa** 156 cal
 - Fresh Cucumber Slices** 14 cal

- 9**
- Mini Twin Cheeseburgers** 316 cal
 - Turkey and Cheese Wrap** 367 cal
 - Chocolate Chip Muffin Platter** 417 cal
 - Romaine Salad** 11 cal
 - Fresh Baby Carrots** 20 cal

No menu published

- 13**
- Hamburger** 319 cal
 - Cheeseburger** 355 cal
 - Grilled Chicken Caesar Salad** 158 cal
 - offered with **Croutons** 284 cal
 - and **Caesar Dressing** 340 cal
 - Banana Muffin Platter** 387 cal
 - Corn & Bean Salsa** 156 cal
 - Fresh Cucumber Slices** 14 cal

- 14**
- Breaded Mozzarella Cheese Sticks** 493 cal
 - offered with **Marinara Dipping Cup** 40 cal
 - Yogurt & Cheese Cube Platter** 400 cal
 - Banana Muffin Platter** 387 cal
 - Romaine Salad** 11 cal
 - Fresh Baby Carrots** 20 cal

- 15**
- Individual Cheese Pizza** 330 cal
 - Chicken Tenders** 290 cal
 - offered with **Croutons** 142 cal
 - Banana Muffin Platter** 387 cal
 - Corn & Bean Salsa** 156 cal
 - Fresh Cucumber Slices** 14 cal

- 16**
- Chicken Nuggets** 236 cal
 - offered with **Brazilian Sweet Bread** 100 cal
 - Plant-Based Nuggets** 256 cal
 - Turkey and Cheese Sub** 337 cal
 - Banana Muffin Platter** 387 cal
 - Romaine Salad** 11 cal
 - Fresh Baby Carrots** 20 cal

- 19**
- Jamaican Beef Patty** 460 cal
 - offered with **Taco Sauce** 10 cal
 - Turkey and Cheese Sub** 337 cal
 - Chocolate Chip Muffin Platter** 417 cal
 - Romaine Salad** 11 cal
 - Fresh Baby Carrots** 20 cal

- 20**
- Cheezy Hotz Chicken Bites** 217 cal
 - offered with **Dinner Roll** 80 cal
 - Popcorn Chicken Salad** 312 cal
 - Croutons** 142 cal
 - Chocolate Chip Muffin Platter** 417 cal
 - Corn & Bean Salsa** 156 cal
 - Fresh Cucumber Slices** 14 cal

- 21**
- Individual Cheese Pizza** 330 cal
 - Nashville Hot Chicken Wrap** 466 cal
 - Chocolate Chip Muffin Platter** 417 cal
 - Romaine Salad** 11 cal
 - Fresh Baby Carrots** 20 cal

- 22**
- Meat Lovers Stromboli** 310 cal
 - offered with **Marinara Dipping Cup** 40 cal
 - Chef Salad with Turkey and Egg** 208 cal
 - Croutons** 284 cal
 - Chocolate Chip Muffin Platter** 417 cal
 - Corn & Bean Salsa** 156 cal
 - Fresh Cucumber Slices** 14 cal

- 23**
- Chicken Patty Sandwich** 351 cal
 - Italian Sub** 416 cal
 - Chocolate Chip Muffin Platter** 417 cal
 - Romaine Salad** 11 cal
 - Fresh Baby Carrots** 20 cal

- 26**
- Individual Cheese Pizza** 330 cal
 - Italian Sub** 416 cal
 - Blueberry Muffin Platter** 424 cal
 - Romaine Salad** 11 cal
 - Fresh Baby Carrots** 20 cal

- 27**
- Corndog** 240 cal
 - Grilled Chicken Caesar Salad** 158 cal
 - offered with **Croutons** 284 cal
 - and **Caesar Dressing** 340 cal
 - Blueberry Muffin Platter** 424 cal
 - Corn & Bean Salsa** 156 cal
 - Fresh Cucumber Slices** 14 cal

- 28**
- Chicken Tenders** 439 cal
 - Mandarin Chicken Salad** 338 cal
 - offered with **Croutons** 142 cal
 - Breadstick** 110 cal
 - Blueberry Muffin Platter** 424 cal
 - Romaine Salad** 11 cal
 - Fresh Baby Carrots** 20 cal

- 29**
- Wild Mike's Cheesy Bites** 422 cal
 - offered with **Marinara Dipping Cup** 40 cal
 - Chicken Tender Wrap** 424 cal
 - Blueberry Muffin Platter** 424 cal
 - Corn & Bean Salsa** 156 cal
 - Fresh Cucumber Slices** 14 cal

- 30**
- Mini Twin Cheeseburgers** 316 cal
 - Turkey and Cheese Sub** 337 cal
 - Blueberry Muffin Platter** 424 cal
 - Romaine Salad** 11 cal
 - Fresh Baby Carrots** 20 cal
 - Frozen Italian Ice** 90 cal

Served every dayor · **Grape PB&J Sandwich** · **Grape Soybutter Sandwich Platter**