



Tenoroc Senior

Lunch · October 2026



Monday

Tuesday

Wednesday

Thursday

Friday

- 5**
- Cheese Pizza 310 cal
 - Ranchero Pizza 332 cal
 - Turkey Pepperoni Pizza 310 cal
 - Buffalo Chicken Pizza
 - Supreme Pizza 367 cal
 - Breaded Chicken Caesar Salad 321 cal
 - Turkey and Cheese Croissant H 347 cal
 - Belly Bear Grahams 130 cal
 - Peanut Butter Cup 180 cal
 - String Cheese, Mozzarella
 - WG Mini Flatbread
 - Corn
 - Cucumber Coins
 - Red Apple Slices

- 6**
- Chicken and Waffles HS/Adult**
- Chef Salad 223 cal
 - Club Sub 356 cal
 - Cheddar Goldfish Crackers 100 cal
 - Cool Cow Strawberry Banana Smoothie 120 cal
 - Mango Pineapple Yogurt Smoothie 164 cal
 - Oatmeal Chocolate Chip Bar 140 cal
 - String Cheese, Mozzarella
 - Baked Beans 28 cal
 - Garden Salad 15 cal
 - Applesauce: All Flavors 50 cal

- 7**
- Fortune Cookie**
- Orange Chicken 150 cal
 - Rice 108 cal
 - Italian Wrap 355 cal
 - Pizza Salad 185 cal
 - Chocolate Granola 130 cal
 - Cinnamon Granola 120 cal
 - Fruit & Yogurt Parfait 244 cal
 - Pretzel Goldfish Crackers 90 cal
 - String Cheese, Mozzarella
 - Broccoli
 - Fresh Veggie Blend #2
 - Red Apple Slices

- 8**
- Meatball Marinara High School**
- Rotini Pasta 187 cal
 - Hot Rolls 80 cal
 - Buffalo Chicken Chopped Salad 226 cal
 - PBJ Uncrustable
 - Jack Link's Jerky 80 cal
 - Banana Mini Muffin Loaf 160 cal
 - Pretzel Goldfish Crackers 90 cal
 - Roasted Zucchini 20 cal
 - House Side Salad 67 cal
 - Applesauce: All Flavors 50 cal

- 9**
- Chicken Tender Sub**
- Turkey BLT Wrap 519 cal
 - Veggie Salad 365 cal
 - Marinara Dip Cup 40 cal
 - Focaccia Flatbread 300 cal
 - Shredded Mozzarella Cheese
 - Turkey Pepperoni Slices 32 cal
 - Sweet Potato Fries 180 cal
 - Fresh Veggie Blend #3
 - Frozen Juice Cup

- 12**
- Meat Lover's Rolled Stromboli**
- Garlic French Bread Pizza 310 cal
 - Dave's Detroit Style Pizza Cheese & Pepperoni 360 cal
 - Chicken Caesar Salad 151 cal
 - Turkey and Cheese Croissant H 347 cal
 - String Cheese, Mozzarella
 - Peanut Butter Cup 180 cal
 - Belly Bear Grahams 130 cal
 - WG Mini Flatbread
 - Green Beans
 - Fresh Veggie Blend #2
 - Red Apple Slices
 - Carnival Cloud Fruit Salad 88 cal

- 13**
- Circus BBQ Pulled Pork**
- Cookie 407 cal
 - Chef Salad 223 cal
 - Turkey Ham & Cheese Brioche Sandwich 345 cal
 - Marinara Dip Cup 40 cal
 - Shredded Mozzarella Cheese
 - Turkey Pepperoni Slices 32 cal
 - Focaccia Flatbread 300 cal
 - California Blend 15 cal
 - Garden Salad 50 cal
 - Applesauce: All Flavors

- 14**
- Acrobat Alfredo**
- Garlic Knot 287 cal
 - Penne Pasta 180 cal
 - Chicken Taco Salad 325 cal
 - PBJ Uncrustable
 - Cheddar Goldfish Crackers 100 cal
 - Cool Cow Strawberry Banana Smoothie 120 cal
 - Mango Pineapple Yogurt Smoothie 164 cal
 - Oatmeal Chocolate Chip Bar 140 cal
 - String Cheese, Mozzarella
 - House Side Salad 67 cal
 - Parmesan Roasted Broccoli 27 cal
 - Apple Slices

- 15**
- Smashburger**
- Buffalo Chicken Wrap 305 cal
 - Fruit Salad 350 cal
 - Banana Mini Muffin Loaf 160 cal
 - Jack Link's Jerky 80 cal
 - Pretzel Goldfish Crackers 90 cal
 - French Fries 150 cal
 - Romaine and Tomato 13 cal
 - Whole Grain Onion Rings 180 cal
 - Rainbow Johnny Pops 12 cal
 - Applesauce

- 16**
- No menu published

- 19**
- Mini Cheese Calzones**
- Marinara Dip Cup 330 cal
 - Breaded Chicken Caesar Salad 40 cal
 - Turkey and Cheese Croissant H 321 cal
 - Belly Bear Grahams 130 cal
 - Peanut Butter Cup 180 cal
 - String Cheese, Mozzarella
 - WG Mini Flatbread
 - Broccoli
 - Fresh Veggie Blend #2
 - Red Apple Slices

- 20**
- Boneless Chicken Wings**
- Hot Rolls 350 cal
 - Chef Salad 80 cal
 - Club Sub 223 cal
 - Mango Pineapple Yogurt Smoothie 356 cal
 - Cool Cow Strawberry Banana Smoothie 164 cal
 - String Cheese, Mozzarella 120 cal
 - Cheddar Goldfish Crackers 100 cal
 - Oatmeal Chocolate Chip Bar 140 cal
 - Curly Fries 90 cal
 - Garden Salad 15 cal
 - Applesauce: All Flavors 50 cal

- 21**
- Honey Pork BBQ Sandwich**
- Italian Wrap 410 cal
 - Pizza Salad 355 cal
 - Chocolate Granola 185 cal
 - Cinnamon Granola 130 cal
 - Fruit & Yogurt Parfait 120 cal
 - Pretzel Goldfish Crackers 244 cal
 - String Cheese, Mozzarella 90 cal
 - Cucumber Coins
 - Baked Beans 28 cal
 - Red Apple Slices

- 22**
- Chicken Taco Meat**
- Celebration Cookie 130 cal
 - Smucker's Peanut Butter & Chocolate 140 cal
 - PBJ Uncrustable 300 cal
 - Buffalo Chicken Chopped Salad 226 cal
 - Jack Link's Jerky 80 cal
 - Banana Mini Muffin Loaf 160 cal
 - Pretzel Goldfish Crackers 90 cal
 - House Side Salad 67 cal
 - Fresh Green Beans
 - Applesauce: All Flavors 50 cal

- 23**
- Turkey BLT**
- Turkey BLT Wrap 395 cal
 - Veggie Salad 365 cal
 - Marinara Dip Cup 40 cal
 - Shredded Mozzarella Cheese
 - Turkey Pepperoni Slices 32 cal
 - Focaccia Flatbread 300 cal
 - Sweet Potato Fries 160 cal
 - Fresh Veggie Blend #3
 - Frozen Juice Cup

- 26**
- Marinara Dip Cup**
- Pizza Crunchers 40 cal
 - Breaded Chicken Caesar Salad 430 cal
 - Turkey and Cheese Croissant H 321 cal
 - Peanut Butter Cup 347 cal
 - WG Mini Flatbread 180 cal
 - Belly Bear Grahams 130 cal
 - String Cheese, Mozzarella
 - Broccoli
 - Fresh Veggie Blend #2
 - Red Apple Slices

- 27**
- Chile Verde Chicken**
- Cilantro Lime Rice 199 cal
 - Double Chocolate Brownie
 - Turkey Ham & Cheese Brioche Sandwich 345 cal
 - Chef Salad 223 cal
 - Marinara Dip Cup 40 cal
 - Shredded Mozzarella Cheese
 - Focaccia Flatbread 300 cal
 - Turkey Pepperoni Slices 32 cal
 - Seasoned Black Beans 214 cal
 - Garden Salad 15 cal
 - Applesauce: All Flavors 50 cal

- 28**
- Hot Italian Sub**
- Buffalo Chicken Wrap 412 cal
 - Fruit Salad 350 cal
 - Mango Pineapple Yogurt Smoothie 164 cal
 - Cool Cow Strawberry Banana Smoothie 120 cal
 - String Cheese, Mozzarella 100 cal
 - Cheddar Goldfish Crackers 140 cal
 - Oatmeal Chocolate Chip Bar
 - Cucumber Coins
 - Green Beans
 - Red Apple Slices

- 29**
- Chicken Buffalo Macaroni and Cheese**
- PBJ Uncrustable 442 cal
 - Chicken Taco Salad 325 cal
 - Jack Link's Jerky 80 cal
 - Banana Mini Muffin Loaf 160 cal
 - Pretzel Goldfish Crackers 90 cal
 - Steamed Peas and Carrots 50 cal
 - House Side Salad 67 cal
 - Applesauce: All Flavors 50 cal

- 30**
- Mini Chicken Corn Dogs**
- Fish Fillet Sandwich 260 cal
 - Turkey BLT Wrap 385 cal
 - Chopped Cobb Salad 365 cal
 - Strawberry Yogurt Cup 90 cal
 - Vanilla Yogurt Cup 90 cal
 - String Cheese, Mozzarella
 - Cinnamon Granola 120 cal
 - Chocolate Granola 130 cal
 - Banana Mini Muffin Loaf 160 cal
 - Tater Tots
 - Romaine and Tomato 13 cal
 - Orange Cream Frozen Juice Cup 90 cal

Served every day
Colby Jack Cheese Stick