



LUNCH OCTOBER 2026

A-B Early/Middle College

Alamance-Burlington School System

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

- 1**
- Chicken Pie 181 cal
 - Roll Baked 1 oz 70 cal
 - Nardone's Cheese Pizza 336 cal
 - Nardone's Pepperoni Pizza 310 cal
 - Yogurt Snack Pack 325 cal
 - Creamy Mashed Potatoes 74 cal
 - Home-style Green Beans 19 cal
 - Gel Fruit Cup Cherry 90 cal
 - Gel Fruit Cup Orange 70 cal
 - Gel Fruit Cup Strawberry 80 cal

2
No menu published

5
No menu published

6
No menu published

7
No menu published

8
No menu published

9
No menu published

- 12**
- Mac & Cheese 290 cal
 - Chicken Popcorn 250 cal
 - Roll Baked 1 oz 70 cal
 - Yogurt Snack Pack 325 cal
 - Seasoned Carrots 19 cal
 - Potato Wedges 120 cal
 - Applesauce Cup 60 cal

- 13**
- Cheeseburger 390 cal
 - Nardone's Cheese Pizza 336 cal
 - Nardone's Pepperoni Pizza 310 cal
 - Taco Salad 501 cal
 - Tostitos Crispy Rounds 1.45 oz 190 cal
 - Pinto Beans 158 cal
 - Hot Buttered Corn 74 cal
 - Sliced Pears 63 cal
 - Strawberry Cup 80 cal

- 14**
- Asian Chicken Dumplings 300 cal
 - Chicken Fillet Sandwich 340 cal
 - Chicken Fillet Spicy Sandwich 340 cal
 - Stuffed Crust Cheese Pizza 310 cal
 - Stuffed Crust Pepperoni Pizza 330 cal
 - Broccoli Roasted 20 cal
 - Sidekicks Sunbelieve Smoothie 90 cal
 - Sidekicks Tropicool Smoothie 70 cal
 - Sliced Peaches 60 cal

- 15**
- Tony's French Bread 330 cal
 - Spaghetti w/ Meat Sauce 416 cal
 - Chicken Chunk Salad 322 cal
 - Garlic Breadstick 170 cal
 - Fresh Garden Salad 13 cal
 - Baby Carrots 24 cal
 - Pineapple Tidbits 80 cal

- 16**
- Chicken Drumsticks/Thigh 230 cal
 - Nardone's 4 Cheese Pizza 350 cal
 - Big Daddy's Pepperoni Pizza 350 cal
 - Yogurt Snack Pack 325 cal
 - Home-style Green Beans 19 cal
 - Creamy Mashed Potatoes 74 cal
 - Strawberry Cup 80 cal

- 19**
- Mini Corn Dogs 250 cal
 - Chicken Mashed Potato Bowl 394 cal
 - Roll Baked 1 oz 70 cal
 - Yogurt Snack Pack 325 cal
 - Roasted California Blend 30 cal
 - Hot Buttered Corn 74 cal
 - Froot Jooce 90 cal

- 20**
- Cheeseburger 390 cal
 - Stuffed Crust Cheese Pizza 310 cal
 - Stuffed Crust Pepperoni Pizza 330 cal
 - Asian Chicken Salad w/Breadstick 321 cal
 - Seasoned Carrots 35 cal
 - Potato Wedges 120 cal
 - Raisels 120 cal

- 21**
- Tony's French Bread 330 cal
 - Chicken Cheezy Hotz 199 cal
 - Roll Baked 1 oz 70 cal
 - Chicken Fillet Sandwich 340 cal
 - Chicken Fillet Spicy Sandwich 340 cal
 - Sidekicks Sunbelieve Smoothie 90 cal
 - Sidekicks Tropicool Smoothie 70 cal
 - Broccoli Roasted 20 cal
 - Sliced Pears 63 cal

- 22**
- Chicken Pie 181 cal
 - Roll Baked 1 oz 70 cal
 - Nardone's Cheese Pizza 336 cal
 - Nardone's Pepperoni Pizza 310 cal
 - Popcorn Chicken Salad 381 cal
 - Goldfish Crackers - Colors 100 cal
 - Creamy Mashed Potatoes 74 cal
 - Home-style Green Beans 19 cal
 - Gel Fruit Cup Cherry 90 cal
 - Gel Fruit Cup Orange 70 cal
 - Gel Fruit Cup Strawberry 80 cal

- 23**
- Beef Nachos 316 cal
 - Breaded Mozzarella Cheese Sticks 400 cal
 - Yogurt Snack Pack 325 cal
 - Pinto Beans 158 cal
 - Seasoned Carrots 35 cal
 - Applesauce Cup 60 cal

26
No menu published

- 27**
- Mandarin Orange Chicken 150 cal
 - Fried Rice 270 cal
 - Nardone's Cheese Pizza 336 cal
 - Nardone's Pepperoni Pizza 310 cal
 - Cheezy Hotz Chicken Salad 330 cal
 - Roll Baked 1 oz 70 cal
 - Roasted California Blend 30 cal
 - Juicy Juice Orange Medley 50 cal
 - Sliced Peaches 60 cal

- 28**
- Cheeseburger 390 cal
 - Tony's French Bread 330 cal
 - Chicken Chunks Gold Creek 191 cal
 - Roll Baked 1 oz 70 cal
 - Cool Tropics Berry Blue 60 cal
 - Cool Tropics Tropical Trio 80 cal
 - Sweet Potato Waffle Fries 142 cal
 - Applesauce Cup 60 cal

- 29**
- Walking Taco w/Doritos 348 cal
 - Breaded Mozzarella Cheese Sticks 400 cal
 - BLT Turkey Salad 257 cal
 - Garlic Breadstick 170 cal
 - Seasoned Corn 78 cal
 - Pinto Beans 158 cal
 - Pineapple Tidbits 80 cal

- 30**
- Stuffed Crust Cheese Pizza 310 cal
 - Stuffed Crust Pepperoni Pizza 330 cal
 - Chicken Cheezy Hotz 199 cal
 - Waffle 80 cal
 - Yogurt Snack Pack 325 cal
 - Crispy Tater Tots 90 cal
 - Baby Carrots 24 cal
 - Sliced Pears 63 cal

EVERY DAY

- Assorted Fresh Fruit
- 1% Milk
- Skim Milk
- Chocolate Milk

Menu subject to change.