



LUNCH

OCTOBER 2026

Eastern High
Alamance-Burlington School System



Monday

Tuesday

Wednesday

Thursday

Friday

5

No menu published

6

No menu published

7

No menu published

1

No menu published

2

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 Cheesy 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
 Cheesy 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 Cheesy Hotz 199 cal
 Waffle 80 cal
 Yogurt Snack Pack 325 cal
 Crispy Tater Tots 90 cal
 Baby Carrots 24 cal
 Sliced Pears 63 cal

Served every day:

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

Menu data from Alamance-Burlington School System, drawn by schoolmenuapp.com. Menu subject to change. Calories are per serving, as Alamance-Burlington School System publishes them.

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