



# LUNCH OCTOBER 2026

## High School

Alamance-Burlington School System

| Monday                                                                                                                                                                                                                | Tuesday                                                                                                                                                                                                                                                                                                  | Wednesday                                                                                                                                                                                                                                                                                                                                  | Thursday                                                                                                                                                                                                                                                                                                                                                                    | Friday                                                                                                                                                                                                                                           |
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|                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                            | 1<br>No menu published                                                                                                                                                                                                                                                                                                                                                      | 2<br>No menu published                                                                                                                                                                                                                           |
| 5<br>No menu published                                                                                                                                                                                                | 6<br>No menu published                                                                                                                                                                                                                                                                                   | 7<br>No menu published                                                                                                                                                                                                                                                                                                                     | 8<br>No menu published                                                                                                                                                                                                                                                                                                                                                      | 9<br>No menu published                                                                                                                                                                                                                           |
| 12<br><b>MAC &amp; CHEESE</b> 290 cal<br>Chicken Popcorn 250 cal<br>Roll Baked 1 oz 70 cal<br>Yogurt Snack Pack 325 cal<br>Seasoned Carrots 19 cal<br>Potato Wedges 120 cal<br>Applesauce Cup 60 cal                  | 13<br><b>CHEESEBURGER</b> 390 cal<br>Nardone's Cheese Pizza 336 cal<br>Nardone's Pepperoni Pizza 310 cal<br>Taco Salad 501 cal<br>Tostitos Crispy Rounds 1.45 oz 190 cal<br>Pinto Beans 158 cal<br>Hot Buttered Corn 74 cal<br>Sliced Pears 63 cal<br>Strawberry Cup 80 cal                              | 14<br><b>ASIAN CHICKEN DUMPLINGS</b> 300 cal<br>Chicken Fillet Sandwich 340 cal<br>Chicken Fillet Spicy Sandwich 340 cal<br>Stuffed Crust Cheese Pizza 310 cal<br>Stuffed Crust Pepperoni Pizza 330 cal<br>Broccoli Roasted 20 cal<br>Sidekicks Sunbelieve Smoothie 90 cal<br>Sidekicks Tropicool Smoothie 70 cal<br>Sliced Peaches 60 cal | 15<br><b>TONY'S FRENCH BREAD</b> 330 cal<br>Spaghetti w/ Meat Sauce 416 cal<br>Chicken Chunk Salad 322 cal<br>Garlic Breadstick 170 cal<br>Fresh Garden Salad 13 cal<br>Baby Carrots 24 cal<br>Pineapple Tidbits 80 cal                                                                                                                                                     | 16<br><b>CHICKEN DRUMSTICKS/THIGH</b> 230 cal<br>Nardone's 4 Cheese Pizza 350 cal<br>Big Daddy's Pepperoni Pizza 350 cal<br>Yogurt Snack Pack 325 cal<br>Home-style Green Beans 19 cal<br>Creamy Mashed Potatoes 74 cal<br>Strawberry Cup 80 cal |
| 19<br><b>MINI CORN DOGS</b> 250 cal<br>Chicken Mashed Potato Bowl 394 cal<br>Roll Baked 1 oz 70 cal<br>Yogurt Snack Pack 325 cal<br>Roasted California Blend 30 cal<br>Hot Buttered Corn 74 cal<br>Froot Jooce 90 cal | 20<br><b>CHEESEBURGER</b> 390 cal<br>Stuffed Crust Cheese Pizza 310 cal<br>Stuffed Crust Pepperoni Pizza 330 cal<br>Asian Chicken Salad w/Breadstick 321 cal<br>Seasoned Carrots 35 cal<br>Potato Wedges 120 cal<br>Raisels 120 cal                                                                      | 21<br><b>TONY'S FRENCH BREAD</b> 330 cal<br>Chicken Cheesy Hotz 199 cal<br>Roll Baked 1 oz 70 cal<br>Chicken Fillet Sandwich 340 cal<br>Chicken Fillet Spicy Sandwich 340 cal<br>Sidekicks Sunbelieve Smoothie 90 cal<br>Sidekicks Tropicool Smoothie 70 cal<br>Broccoli Roasted 20 cal<br>Sliced Pears 63 cal                             | 22<br><b>CHICKEN PIE</b> 181 cal<br>Roll Baked 1 oz 70 cal<br>Nardone's Cheese Pizza 336 cal<br>Nardone's Pepperoni Pizza 310 cal<br>Popcorn Chicken Salad 381 cal<br>Goldfish Crackers - Colors 100 cal<br>Creamy Mashed Potatoes 74 cal<br>Home-style Green Beans 19 cal<br>Gel Fruit Cup Cherry 90 cal<br>Gel Fruit Cup Orange 70 cal<br>Gel Fruit Cup Strawberry 80 cal | 23<br><b>BEEF NACHOS</b> 316 cal<br>Breaded Mozzarella Cheese Sticks 400 cal<br>Yogurt Snack Pack 325 cal<br>Pinto Beans 158 cal<br>Seasoned Carrots 35 cal<br>Applesauce Cup 60 cal                                                             |
| 26<br>No menu published                                                                                                                                                                                               | 27<br><b>MANDARIN ORANGE CHICKEN</b> 150 cal<br>Fried Rice 270 cal<br>Nardone's Cheese Pizza 336 cal<br>Nardone's Pepperoni Pizza 310 cal<br>Cheesy Hotz Chicken Salad 330 cal<br>Roll Baked 1 oz 70 cal<br>Roasted California Blend 30 cal<br>Juicy Juice Orange Medley 50 cal<br>Sliced Peaches 60 cal | 28<br><b>CHEESEBURGER</b> 390 cal<br>Tony's French Bread 330 cal<br>Chicken Chunks Gold Creek 191 cal<br>Roll Baked 1 oz 70 cal<br>Cool Tropics Berry Blue 60 cal<br>Cool Tropics Tropical Trio 80 cal<br>Sweet Potato Waffle Fries 142 cal<br>Applesauce Cup 60 cal                                                                       | 29<br><b>WALKING TACO W/DORITOS</b> 348 cal<br>Breaded Mozzarella Cheese Sticks 400 cal<br>BLT Turkey Salad 257 cal<br>Garlic Breadstick 170 cal<br>Seasoned Corn 78 cal<br>Pinto Beans 158 cal<br>Pineapple Tidbits 80 cal                                                                                                                                                 | 30<br><b>STUFFED CRUST CHEESE PIZZA</b> 310 cal<br>Stuffed Crust Pepperoni Pizza 330 cal<br>Chicken Cheesy Hotz 199 cal<br>Waffle 80 cal<br>Yogurt Snack Pack 325 cal<br>Crispy Tater Tots 90 cal<br>Baby Carrots 24 cal<br>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.

nutrislice