



LUNCH OCTOBER 2026

Southern Alamance High

Alamance-Burlington School System



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			★ No menu published	★ No menu published
★ No menu published	★ No menu published	★ No menu published	★ No menu published	★ No menu published
★ 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	★ 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	★ 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	★ 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	★ 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
★ 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	★ 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	★ 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	★ 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	★ 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
★ No menu published	★ Mandarin Orange Chicken 150 cal Fried Rice 270 cal Nardone's Cheese Pizza 336 cal Nardone's Pepperoni Pizza 310 cal Cheezy Hotz 330 cal 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	★ 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	★ 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	★ 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.

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