

Frost Elementary School

Lunch · October 2026



Monday

Tuesday

Wednesday

Thursday

Friday

No menu published

No menu published

No menu published

No menu published

No menu published

No School Today!

Crispy Chicken Sandwich 360 cal
 Spicy Chicken Sandwich 360 cal
 Tyson Chicken Corn Dog 300 cal
 Turkey Chef Salad with Corn Muffin 785 cal
 Fresh Cucumber Slices 7 cal
 Lean and Green Steamed Broccoli 32 cal

Mini Cheesy Calzones 320 cal
 Marinara Cup 15 cal
 Stadium Chicken Wings 235 cal
 Animal Crackers 120 cal
 Ybor City Salad with Cuban Toast 719 cal
 Mini Caesar Salad 19 cal
 Sweet Kernel Corn 112 cal

Classic Cheeseburger 425 cal
 Black Bean Burger 341 cal
 All American Hot Dog 320 cal
 Firehouse Kielbasa Sub 313 cal
 Chicken Caesar Salad with Crackers 509 cal
 Lettuce, Tomato and Pickle Cup 15 cal
 Northwest Veggie Blend 30 cal

Chicken Crunchers 270 cal
 Chicken Bite Mac & Cheese Bowl 470 cal
 Creamy Homemade Macaroni & Cheese 459 cal
 Dutch Waffle 330 cal
 Assorted Chef Salad 400 cal
 Fresh Baby Carrots 20 cal
 Sweet Peas 45 cal

Four Cheese Pizza Slice 290 cal
 Turkey-Beef Pepperoni Pizza Slice 290 cal
 Sunshine Tinga Rice Bowl 520 cal
 Assorted Chef Salad 400 cal
 Fresh Baby Carrots 20 cal
 Baked Sweet Plantains 130 cal

Crispy Chicken Sandwich 360 cal
 Spicy Chicken Sandwich 360 cal
 Santa Fe Beef Tacos 423 cal
 Fire Roasted Black Bean Tacos
 Turkey Chef Salad with Corn Muffin 785 cal
 Fresh Cucumber Slices 7 cal
 Fire Roasted Black Beans 214 cal

Cheese Detroit-Style Pizza 350 cal
 Beef Pepperoni Detroit-Style Pizza 360 cal
 Orange Chicken with Yellow Rice 386 cal
 Ybor City Salad with Cuban Toast 719 cal
 Mini Caesar Salad 19 cal
 Lean and Green Steamed Broccoli 32 cal

Classic Cheeseburger 425 cal
 Black Bean Burger 341 cal
 Rockin' Butter Chicken on Queso Fries 436 cal
 Chicken Caesar Salad with Crackers 509 cal
 Homestyle Fries 100 cal
 Lettuce, Tomato and Pickle Cup 15 cal

Southern Style Chicken Bites 200 cal
 Buffalo Chicken Bites 200 cal
 Corn Muffin 220 cal
 Cheesy Beef Fiesta Fold 410 cal
 Assorted Chef Salad 400 cal
 Sweet Kernel Corn 112 cal
 Fresh Baby Carrots 20 cal

Four Cheese Pizza Slice 290 cal
 Turkey-Beef Pepperoni Pizza Slice 290 cal
 All American Hot Dog 320 cal
 Firehouse Kielbasa Sub 313 cal
 Assorted Chef Salad 400 cal
 Fresh Baby Carrots 20 cal
 Bush's Baked Beans 150 cal

Crispy Chicken Sandwich 360 cal
 Spicy Chicken Sandwich 360 cal
 BBQ Beef Bowl with Corn 665 cal
 Turkey Chef Salad with Corn Muffin 785 cal
 Homestyle Fries 100 cal
 Fresh Cucumber Slices 7 cal

Mini Cheesy Calzones 320 cal
 Marinara Cup 40 cal
 Teriyaki Chicken with Lo Mein 259 cal
 Ybor City Salad with Cuban Toast 719 cal
 Mini Caesar Salad 19 cal
 Northwest Veggie Blend 30 cal

Classic Cheeseburger 425 cal
 Black Bean Burger 341 cal
 Turkey Burrito Bowl 541 cal
 Chicken Caesar Salad with Crackers 509 cal
 Lettuce, Tomato and Pickle Salad Cup 15 cal
 Lean and Green Steamed Broccoli 32 cal

Chicken Crunchers 270 cal
 Fresh Baked Croissant 220 cal
 Chicken Parm Bowl 612 cal
 Pasta with Marinara and Cheese 447 cal
 Assorted Chef Salad 400 cal
 Italian Herbed Green Beans 45 cal
 Fresh Baby Carrots 20 cal
 Orange and Cream Frozen Fruit Sidekicks 90 cal