



Bear Lakes Middle

Lunch · October 2026

Monday

- Chicken Patty Sandwich** 351 cal
Hot Dog 309 cal
Relish 15 cal
Italian Sub 416 cal
Sweet Potato Waffle Fries 183 cal

No menu published

- BBQ Pulled Pork** 300 cal
Hushpuppies 150 cal
Macaroni and Cheese 350 cal
Turkey and Cheese Sub 337 cal
Turkey and Cheese Wrap 367 cal
BBQ Baked Beans 205 cal

- Spicy Chicken Sandwich** 350 cal
Deep Dish Cheese Pizza 310 cal
Italian Sub 416 cal
Green Peas 89 cal

Tuesday

- Walking Taco** 367 cal
Salsa and Shredded Lettuce 25 cal
Sour Cream 14 cal
Sliced Jalapenos 60 cal
Breaded Mozzarella Cheese Sticks 493 cal
Marinara Dipping Cup 40 cal
Grilled Chicken Salad 199 cal
Croutons 284 cal
Chocolate Chip Muffin Platter 417 cal
Seasoned Black Beans 142 cal

- Chicken Soft Taco** 397 cal
Black Beans & Rice 136 cal
Salsa and Shredded Lettuce 25 cal
Sliced Jalapenos 14 cal
Hamburger 319 cal
Cheeseburger 355 cal
Grilled Chicken Caesar Salad 158 cal
Croutons 284 cal
Caesar Dressing 340 cal
Banana Muffin Platter 387 cal
Yuca Fries 219 cal

- Beef Nachos w/Tortilla Chips** 428 cal
Cheezy Hotz Chicken Bites 217 cal
Dinner Roll 80 cal
Popcorn Chicken Salad 312 cal
Croutons 142 cal
Chocolate Chip Muffin Platter 417 cal
Sliced Sweet Plantains 280 cal

- Kielbasa Sub** 400 cal
Chicken Fajita 230 cal
Spanish Rice 230 cal
Blueberry Muffin Platter 424 cal
Grilled Chicken Caesar Salad 158 cal
Croutons 284 cal
Caesar Dressing 340 cal
Seasoned Red Beans 166 cal

Wednesday

- Orange Chicken** 388 cal
Rice with Veggies 241 cal
Macaroni and Cheese 350 cal
Dinner Roll 80 cal
Chicken Tender Wrap 80 cal
Garden Salad with Egg & Cheese 142 cal
Croutons 284 cal
Broccoli 38 cal

- Penne Pasta with Meatballs** 391 cal
Breadstick 110 cal
Breaded Mozzarella Cheese Sticks 493 cal
Marinara Dipping Cup 40 cal
Italian Sub 416 cal
Yogurt & Cheese 400 cal
Cube Platter 40 cal
Green Beans 40 cal

- Beef and Broccoli Ramen Bowl** 505 cal
Cheese Stuffed Crust Wedge Pizza 309 cal
Pepperoni Stuffed Crust Wedge Pizza 310 cal
Nashville Hot Chicken Wrap 466 cal
Strawberry Yogurt Parfait 277 cal
Mini Graham Bite Chortles 110 cal
Peas and Carrots 74 cal

- Pasta Penne with Meat Sauce** 468 cal
Penne Pasta 262 cal
Breadstick 110 cal
Chicken Tenders 439 cal
Mandarin Chicken Salad 338 cal
Croutons 142 cal
Turkey and Cheese Sub 337 cal
Turkey and Cheese Wrap 367 cal
Broccoli 38 cal

Thursday

- Hamburger** 319 cal
Cheeseburger 355 cal
Cheezy Hotz Chicken Bites 217 cal
Dinner Roll 80 cal
Popcorn Chicken Salad 312 cal
Croutons 142 cal
Potato Sticks 100 cal
Pickle 4 cal

- Pierogies and Kielbasa** 313 cal
Breadstick 110 cal
Wild Mike's Cheesy Bites 422 cal
Marinara Dipping Cup 40 cal
Buffalo Chicken Bites Salad 329 cal
Croutons 142 cal
Tuscan Green Beans 48 cal

- Chicken & Vegetable Potstickers with Ramen** 427 cal
Deep Dish Cheese Pizza 310 cal
Chicken Tenders 290 cal
Salad 142 cal
Croutons 75 cal
Asian Broccoli 75 cal

- Chicken and Mashed Potato Bowl** 420 cal
Classic Whole Grain Biscuit 159 cal
Meat Lovers Stromboli 310 cal
Marinara Dipping Cup 40 cal
Chef Salad with Turkey and Egg 208 cal
Croutons 142 cal
Corn 80 cal

- Chicken Adobo** 383 cal
Brown Rice 99 cal
Wild Mike's Cheesy Bites 422 cal
Marinara Dipping Cup 40 cal
Chicken Tender Wrap 310 cal
Green Beans 40 cal

Friday

- Southern Hot Chicken and Waffle** 564 cal
Wild Mike's Cheesy Bites 422 cal
Marinara Dipping Cup 40 cal
Blueberry Muffin Platter 424 cal
Corn 80 cal

- Mini Twin Cheeseburgers** 316 cal
Cheese Pizza Crunchers 661 cal
Chocolate Chip Muffin Platter 417 cal
Potato Smiles 196 cal

- Chicken Nuggets** 236 cal
Brazilian Sweet Bread 100 cal
Plant-Based Nuggets 256 cal
Meat Trio Pizza Wedge 350 cal
Banana Muffin Platter 387 cal
Potato Sticks 100 cal

- Chicken Patty Sandwich** 351 cal
Breaded Mozzarella Cheese Sticks 493 cal
Marinara Dipping Cup 40 cal
Chocolate Chip Muffin Platter 417 cal
Broccoli 38 cal
Pickle 4 cal

- Mini Twin Cheeseburgers** 316 cal
Cheese Stuffed Crust Wedge Pizza 309 cal
Pepperoni Stuffed Crust Wedge Pizza 310 cal
Blueberry Muffin Platter 424 cal
Potato Smiles 196 cal
Frozen Italian Ice 90 cal

Served every day

or offered with · Grape PB&J Sandwich · Grape Soybutter Sandwich Platter