



Frontier Elementary

Lunch · October 2026

**Monday****Tuesday****Wednesday****Thursday****Friday**

- Chicken Patty Sandwich** 351 cal
offered with
Hot Dog 309 cal
Relish 15 cal
PBJ Grape Sandwich Platter 461 cal
or
Grape Soybutter Sandwich Platter 450 cal
Sweet Potato Waffle Fries 183 cal

- Walking Taco** 367 cal
offered with
Salsa 25 cal
and
Shredded Lettuce 14 cal
Sour Cream 60 cal
Taco Sauce 10 cal
Breaded Mozzarella Cheese Sticks 407 cal
Marinara Dipping Cup 40 cal
Chocolate Chip Muffin Platter 417 cal
Seasoned Black Beans 142 cal

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

- Pierogies and Kielbasa** 313 cal
offered with
Breadstick 110 cal
Chicken Nuggets 168 cal
Plant Based Nuggets 214 cal
PBJ Grape Sandwich Platter 461 cal
or
Grape Soybutter Sandwich Platter 450 cal
Tuscan Green Beans 48 cal

- Mini Twin Cheeseburgers** 316 cal
Cheese Pizza 440 cal
Crunchers
Chocolate Chip Muffin Platter 417 cal
Potato Smiles 131 cal

No menu published

- Chicken Soft Taco** 397 cal
offered with
Black Beans & Rice 136 cal
and
Salsa 25 cal
Shredded Lettuce 14 cal
Hamburger 319 cal
or
Cheeseburger 355 cal
Banana Muffin 387 cal
Yuca Fries 219 cal

- It's Circus Ring Penne Pasta with Meatballs Today!**
Penne Pasta with Meatballs 391 cal
offered with
Breadstick 110 cal
It's Acrobat Breaded Mozzarella Cheese Sticks Today!
Breaded Mozzarella Cheese Sticks 407 cal
Marinara Dipping Cup 40 cal
Yogurt & Cheese Cube Platter 400 cal
Green Beans 40 cal

- It's Ringling Chicken & Vegetable Potstickers with Ramen Today!**
Chicken & Vegetable Potstickers with Ramen 427 cal
It's Trapeze Deep Dish Cheese Pizza Today!
Deep Dish Cheese Pizza 310 cal
PBJ Grape Sandwich Platter 461 cal
or
Grape Soybutter Sandwich Platter 450 cal
Asian Broccoli 75 cal

- It's Clown Car Chicken Nuggets Today!**
Chicken Nuggets 168 cal
offered with
Brazilian Sweet Bread 100 cal
It's Plant-Powered Clown Car Nuggets Today!
Plant Based Nuggets 214 cal
It's Carnival Corndog Today!
Corndog 240 cal
Banana Muffin 387 cal
Potato Sticks 100 cal

- BBQ Pulled Pork** 300 cal
offered with
Hushpuppies 150 cal
Macaroni and Cheese 350 cal
PBJ Grape Sandwich Platter 461 cal
or
Grape Soybutter Sandwich Platter 450 cal
BBQ Baked Beans 205 cal

- Beef Nachos w/Tortilla Chips** 428 cal
Dill Chicken Bites 236 cal
offered with
Dinner Roll 80 cal
Chocolate Chip Muffin Platter 417 cal
Sliced Sweet Plantains 280 cal

- Beef and Broccoli Ramen Bowl** 505 cal
Cheese Pizza 310 cal
Strawberry Yogurt Parfait 164 cal
offered with
Mini Graham Bite 110 cal
Chortles
Peas and Carrots 74 cal

- Chicken and Mashed Potato Bowl** 420 cal
offered with
Classic Whole Grain Biscuit 159 cal
Grilled Cheese Sandwich 320 cal
PBJ Grape Sandwich Platter 461 cal
or
Grape Soybutter Sandwich Platter 450 cal
Corn 80 cal

- Chicken Patty Sandwich** 351 cal
Breaded Mozzarella Cheese Sticks 407 cal
offered with
Marinara Dipping Cup 40 cal
Chocolate Chip Muffin Platter 417 cal
Broccoli 38 cal
Pickle 4 cal

- Asian Chicken Bites** 221 cal
offered with
Dinner Roll 80 cal
Deep Dish Cheese Pizza 310 cal
PBJ Grape Sandwich Platter 461 cal
or
Grape Soybutter Sandwich Platter 450 cal
Green Peas 89 cal

- Kielbasa Sub**
Corndog 240 cal
Blueberry Muffin Platter 424 cal
Seasoned Red Beans 166 cal

- Pasta Penne with Meat Sauce** 468 cal
or
Penne Pasta 262 cal
offered with
Breadstick 110 cal
Chicken Tenders 292 cal
Mini Mandarin Popcorn Chicken Salad 335 cal
Croutons 142 cal
Broccoli 38 cal

- Chicken Adobo** 383 cal
offered with
Brown Rice 99 cal
Wild Mike's Cheesy Bites 281 cal
Marinara Dipping Cup 40 cal
PBJ Grape Sandwich Platter 461 cal
or
Grape Soybutter Sandwich Platter 450 cal
Green Beans 40 cal

- Mini Twin Cheeseburgers** 316 cal
Cheese Pizza 310 cal
Blueberry Muffin Platter 424 cal
Potato Smiles 131 cal
Frozen Italian Ice 90 cal