



Seminole Trails 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

- Hamburger** 319 cal
- or
- Cheeseburger 355 cal
 - Cheese Pizza 440 cal
 - Crunchers
 - PBJ Grape Sandwich Platter 461 cal
 - Grape Soybutter Sandwich Platter 450 cal
 - Potato Sticks 100 cal
 - Pickle 4 cal

- Chicken and Waffle** 530 cal
- offered with
- Wild Mike's Cheesy Bites 281 cal
 - Marinara Dipping Cup 40 cal
 - Blueberry Muffin Platter 424 cal
 - Corn 80 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 Platter 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! 407 cal
 - 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! 310 cal
 - 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! 214 cal
 - Plant Based Nuggets 214 cal
 - It's Carnival Corn Dog Today! 240 cal
 - Corn Dog 240 cal
 - Banana Muffin Platter 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 Chortles 110 cal
 - 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** 240 cal
- Corn Dog 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