



LUNCH OCTOBER 2026

Blake Academy (K-5)

Polk County Public Schools

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

★	Cheese Pizza	310 cal
	Ranchero Pizza	332 cal
	Turkey Pepperoni Pizza	310 cal
	Breaded Chicken Caesar Salad	266 cal
	WG Mini Flatbread	
	Peanut Butter Cup	180 cal
	Belly Bear Grahams	130 cal
	String Cheese, Mozzarella	
	Colby Jack Cheese Stick	
	Corn	
	Cucumber Coins	
	Red Apple Slices	

★	Chicken and Waffles E	
	Club Sandwich-E/M	314 cal
	Chef Salad	167 cal
	Baked Beans	28 cal
	Garden Salad	15 cal
	Romaine and Tomato	13 cal
	Applesauce: All Flavors	50 cal

★	Orange Chicken	113 cal
	Fortune Cookie	
	Rice	108 cal
	Pizza Salad	18 cal
	String Cheese, Mozzarella	
	Colby Jack Cheese Stick	
	Pretzel Goldfish Crackers	90 cal
	Fruit & Yogurt Parfait	244 cal
	Broccoli	
	Fresh Veggie Blend #2	
	Red Apple Slices	

★	Chile Verde Chicken	
	Cilantro Lime Rice	
	PBJ Uncrustable Grape	300 cal
	Chicken Taco Salad	322 cal
	Seasoned Black Beans	214 cal
	House Side Salad	67 cal
	Applesauce: All Flavors	50 cal

★	Cheeseburger	370 cal
	Fish Fillet Sandwich	385 cal
	Chopped Cobb Salad	
	Foccacia Flatbread	300 cal
	Marinara Dip Cup	40 cal
	Shredded Mozzarella Cheese	
	Turkey Pepperoni Slices	32 cal
	Tater Tots	
	Romaine and Tomato	13 cal
	Frozen Fruit Cup	80 cal

★	Meat Lover's Rolled Stromboli	310 cal
	Garlic French Bread Pizza	356 cal
	Marinara Dip Cup	40 cal
	Chicken Caesar Salad	151 cal
	Peanut Butter Cup	180 cal
	Colby Jack Cheese Stick	
	String Cheese, Mozzarella	
	WG Mini Flatbread	
	Belly Bear Grahams	130 cal
	Fresh Veggie Blend #2	
	Green Beans	
	Red Apple Slices	
	Carnival Cloud Fruit Salad	88 cal

★	Circus BBQ Pulled Pork	407 cal
	Cookie	
	Turkey and Cheese Croissant E/M	347 cal
	Chef Salad	167 cal
	California Blend	
	Garden Salad	15 cal
	Applesauce: All Flavors	50 cal

★	Acrobat Alfredo	287 cal
	Penne Pasta	
	Garlic Knot	180 cal
	PBJ Uncrustable Grape	300 cal
	Chicken Taco Salad	322 cal
	House Side Salad	67 cal
	Parmesan Roasted Broccoli	27 cal
	Apple Slices	

★	Smashburger	305 cal
	Fruit Salad	
	Turkey Pepperoni Slices	32 cal
	Shredded Mozzarella Cheese	
	Foccacia Flatbread	300 cal
	Marinara Dip Cup	40 cal
	Whole Grain Onion Rings	180 cal
	French Fries	150 cal
	Romaine and Tomato	13 cal
	Rainbow Johnny Pops	12 cal
	Applesauce	

★	No menu published	
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★	Ranchero Pizza	332 cal
	Cheese Pizza	310 cal
	Turkey Pepperoni Pizza	310 cal
	Breaded Chicken Caesar Salad	266 cal
	Peanut Butter Cup	180 cal
	WG Mini Flatbread	
	Belly Bear Grahams	130 cal
	Colby Jack Cheese Stick	
	String Cheese, Mozzarella	
	Broccoli	
	Fresh Veggie Blend #2	
	Red Apple Slices	

★	Mini Chicken Nuggets	270 cal
	Hot Rolls	80 cal
	Turkey Ham & Cheese Brioche Sandwich	345 cal
	Chef Salad	167 cal
	Baked Beans	28 cal
	Garden Salad	15 cal
	Applesauce: All Flavors	50 cal

★	Mini Chicken Corn Dogs	260 cal
	Pizza Salad	18 cal
	Mango Pineapple Yogurt Smoothie	164 cal
	Cool Cow Strawberry Banana Smoothie	120 cal
	Colby Jack Cheese Stick	
	String Cheese, Mozzarella	
	Cheddar Goldfish Crackers	100 cal
	Oatmeal Chocolate Chip Bar	140 cal
	Corn	
	Cucumber Coins	
	Red Apple Slices	

★	Shepherd's Pie Beef	89 cal
	Garlic Knot	180 cal
	Homestyle Mashed Potatoes	140 cal
	Shredded Mild Cheddar Cheese	110 cal
	PBJ Uncrustable Grape	300 cal
	Smucker's Peanut Butter & Chocolate	300 cal
	Buffalo Chicken Chopped Salad	144 cal
	Steamed Peas and Carrots	50 cal
	House Side Salad	67 cal
	Applesauce: All Flavors	50 cal

★	Chicken Patty Sandwich	
	Veggie Salad	
	Foccacia Flatbread	300 cal
	Marinara Dip Cup	40 cal
	Shredded Mozzarella Cheese	
	Turkey Pepperoni Slices	32 cal
	Sweet Potato Fries	180 cal
	Fresh Veggie Blend #3	
	Frozen Juice Cup	

★	Mini Cheese Calzones	330 cal
	Marinara Dip Cup	40 cal
	Breaded Chicken Caesar Salad	266 cal
	Peanut Butter Cup	180 cal
	String Cheese, Mozzarella	
	WG Mini Flatbread	
	Belly Bear Grahams	130 cal
	Colby Jack Cheese Stick	
	Broccoli	
	Fresh Veggie Blend #2	
	Red Apple Slices	

★	Signature Beef Sloppy Joe Meat	145 cal
	Tortilla Chips	
	Double Chocolate Brownie	199 cal
	Turkey and Cheese Croissant E/M	347 cal
	Chef Salad	167 cal
	Steamed Carrots	
	Garden Salad	15 cal
	Applesauce: All Flavors	50 cal

★	Meatball Sub	329 cal
	Pizza Salad	18 cal
	Vanilla Yogurt Cup	90 cal
	Strawberry Yogurt Cup	90 cal
	String Cheese, Mozzarella	
	Colby Jack Cheese Stick	
	Banana Mini Muffin Loaf	160 cal
	Chocolate Granola	130 cal
	Cinnamon Granola	120 cal
	Green Beans	
	Cucumber Coins	
	Red Apple Slices	

★	Chile Verde Chicken	
	Cilantro Lime Rice	
	PBJ Uncrustable Grape	300 cal
	Chicken Taco Salad	322 cal
	Seasoned Black Beans	214 cal
	House Side Salad	67 cal
	Applesauce: All Flavors	50 cal

★	Cheeseburger	370 cal
	Fish Fillet Sandwich	385 cal
	Chopped Cobb Salad	
	Foccacia Flatbread	300 cal
	Marinara Dip Cup	40 cal
	Shredded Mozzarella Cheese	
	Turkey Pepperoni Slices	32 cal
	Tater Tots	
	Romaine and Tomato	13 cal
	Orange Cream Frozen Juice Cup	90 cal