



# LUNCH

## OCTOBER 2026

# Boswell Elementary

Polk County Public Schools



Monday

Tuesday

Wednesday

Thursday

Friday

|   |                                      |
|---|--------------------------------------|
| 5 |                                      |
|   | <b>CHEESE PIZZA</b> 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                     |

|   |                                |
|---|--------------------------------|
| 6 |                                |
|   | <b>CHICKEN AND WAFFLES</b>     |
|   | 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 |

|   |                                |
|---|--------------------------------|
| 7 |                                |
|   | <b>ORANGE CHICKEN</b> 113 cal  |
|   | Fortune Cookie                 |
|   | Rice 108 cal                   |
|   | Pizza Salad 18 cal             |
|   | String Cheese, Mozzarella      |
|   | Colby Jack Cheese Stick        |
|   | Pretzel Goldfish 90 cal        |
|   | Crackers                       |
|   | Fruit & Yogurt Parfait 244 cal |
|   | Broccoli                       |
|   | Fresh Veggie Blend #2          |
|   | Red Apple Slices               |

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| 8 |                                |
|   | <b>MEATBALL MARINARA</b>       |
|   | <b>ELEMENTARY</b> 124 cal      |
|   | Rotini Pasta                   |
|   | Hot Rolls 80 cal               |
|   | PBJ Uncrustable 300 cal        |
|   | Grape                          |
|   | Buffalo Chicken Chopped        |
|   | Salad 144 cal                  |
|   | Roasted Zucchini 20 cal        |
|   | House Side Salad 67 cal        |
|   | Applesauce: All Flavors 50 cal |

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| 9 |                                |
|   | <b>HOT ITALIAN SUB</b> 412 cal |
|   | Veggie Salad                   |
|   | Focaccia Flatbread 300 cal     |
|   | Turkey Pepperoni 32 cal        |
|   | Slices                         |
|   | Shredded Mozzarella Cheese     |
|   | Marinara Dip Cup 40 cal        |
|   | Sweet Potato Fries 160 cal     |
|   | Fresh Veggie Blend #3          |
|   | Red Apple Slices               |

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| 12 |                                   |
|    | <b>MEAT LOVER'S ROLLED</b>        |
|    | <b>STROMBOLI</b> 310 cal          |
|    | Garlic French Bread 356 cal       |
|    | Pizza                             |
|    | 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 |

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| 13 |                                |
|    | <b>CIRCUS BBQ PULLED</b>       |
|    | <b>PORK</b> 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 |

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| 14 |                                  |
|    | <b>ACROBAT</b>                   |
|    | <b>ALFREDO</b> 287 cal           |
|    | Penne Pasta                      |
|    | Garlic Knot 180 cal              |
|    | PBJ Uncrustable 300 cal          |
|    | Grape                            |
|    | Chicken Taco Salad 322 cal       |
|    | House Side Salad 67 cal          |
|    | Parmesan Roasted Broccoli 27 cal |
|    | Apple Slices                     |

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| 15 |                                 |
|    | <b>SMASHBURGER</b> 305 cal      |
|    | Fruit Salad                     |
|    | Turkey Pepperoni Slices 32 cal  |
|    | Shredded Mozzarella Cheese      |
|    | Focaccia 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                      |

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| 16 |                   |
|    | No menu published |

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|----|--------------------------------------|
| 19 |                                      |
|    | <b>RANCHERO PIZZA</b> 332 cal        |
|    | Cheese Pizza 310 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           |
|    | Colby Jack Cheese Stick              |
|    | String Cheese, Mozzarella            |
|    | Broccoli                             |
|    | Fresh Veggie Blend #2                |
|    | Red Apple Slices                     |

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| 20 |                                              |
|    | <b>MINI CHICKEN</b>                          |
|    | <b>NUGGETS</b> 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               |

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| 21 |                                             |
|    | <b>MINI CHICKEN CORN</b>                    |
|    | <b>DOGS</b> 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 100 cal                    |
|    | Crackers                                    |
|    | Oatmeal Chocolate Chip Bar 140 cal          |
|    | Corn                                        |
|    | Cucumber Coins                              |
|    | Red Apple Slices                            |

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| 22 |                                             |
|    | <b>SHEPHERD'S PIE</b>                       |
|    | <b>BEEF</b> 89 cal                          |
|    | Garlic Knot 180 cal                         |
|    | Homestyle Mashed Potatoes 140 cal           |
|    | Shredded Mild Cheddar Cheese 110 cal        |
|    | PBJ Uncrustable 300 cal                     |
|    | Grape                                       |
|    | 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              |

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| 23 |                                |
|    | <b>CHICKEN PATTY</b>           |
|    | <b>SANDWICH</b>                |
|    | Veggie Salad                   |
|    | Focaccia 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               |

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| 26 |                                      |
|    | <b>MINI CHEESE</b>                   |
|    | <b>CALZONES</b> 330 cal              |
|    | Marinara Dip Cup 40 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              |
|    | Broccoli                             |
|    | Fresh Veggie Blend #2                |
|    | Red Apple Slices                     |

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| 27 |                                  |
|    | <b>SIGNATURE BEEF</b>            |
|    | <b>SLOPPY JOE MEAT</b> 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   |

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| 28 |                              |
|    | <b>MEATBALL SUB</b> 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 160 cal   |
|    | Loaf                         |
|    | Chocolate Granola 130 cal    |
|    | Cinnamon Granola 120 cal     |
|    | Green Beans                  |
|    | Cucumber Coins               |
|    | Red Apple Slices             |

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| 29 |                                |
|    | <b>CHILE VERDE CHICKEN</b>     |
|    | Cilantro Lime Rice             |
|    | PBJ Uncrustable 300 cal        |
|    | Grape                          |
|    | Chicken Taco Salad 322 cal     |
|    | Seasoned Black Beans 214 cal   |
|    | House Side Salad 67 cal        |
|    | Applesauce: All Flavors 50 cal |

|    |                                      |
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| 30 |                                      |
|    | <b>CHEESEBURGER</b> 370 cal          |
|    | Fish Fillet Sandwich 385 cal         |
|    | Chopped Cobb Salad                   |
|    | Focaccia 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 |