



LUNCH

OCTOBER 2026

Carlton Palmore Elementary

Polk County Public Schools



Monday

Tuesday

Wednesday

Thursday

Friday

5	
	CHEESE PIZZA 310 cal
	Ranchero Pizza 332 cal
	Turkey Pepperoni Pizza 310 cal
	Breaded Chicken 266 cal
	Caesar Salad
	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	
	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

7	
	ORANGE CHICKEN 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

8	
	MEATBALL MARINARA
	ELEMENTARY 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

9	
	HOT ITALIAN SUB 412 cal
	Veggie Salad
	Foccacia 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

12	
	MEAT LOVER'S ROLLED
	STROMBOLI 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

13	
	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

14	
	ACROBAT 287 cal
	ALFREDO
	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

15	
	SMASHBURGER 305 cal
	Fruit Salad
	Turkey Pepperoni 32 cal
	Slices
	Shredded Mozzarella Cheese
	Foccacia Flatbread 300 cal
	Marinara Dip Cup 40 cal
	Whole Grain Onion 180 cal
	Rings
	French Fries 150 cal
	Romaine and Tomato 13 cal
	Rainbow Johnny Pops 12 cal
	Applesauce

16	
	No menu published

19	
	RANCHERO PIZZA 332 cal
	Cheese Pizza 310 cal
	Turkey Pepperoni 310 cal
	Pizza
	Breaded Chicken 266 cal
	Caesar Salad
	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

20	
	MINI CHICKEN 270 cal
	NUGGETS
	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

21	
	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 100 cal
	Crackers
	Oatmeal Chocolate 140 cal
	Chip Bar
	Corn
	Cucumber Coins
	Red Apple Slices

22	
	SHEPHERD'S PIE 89 cal
	BEEF
	Garlic Knot 180 cal
	Homestyle Mashed 140 cal
	Potatoes
	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

23	
	CHICKEN PATTY
	SANDWICH
	Veggie Salad
	Foccacia Flatbread 300 cal
	Marinara Dip Cup 40 cal
	Shredded Mozzarella Cheese
	Turkey Pepperoni 32 cal
	Slices
	Sweet Potato Fries 180 cal
	Fresh Veggie Blend #3
	Frozen Juice Cup

26	
	MINI CHEESE 330 cal
	CALZONES
	Marinara Dip Cup 40 cal
	Breaded Chicken 266 cal
	Caesar Salad
	Peanut Butter Cup 180 cal
	String Cheese, Mozzarella
	Belly Bear Grahams 130 cal
	WG Mini Flatbread
	Colby Jack Cheese Stick
	Broccoli
	Fresh Veggie Blend #2
	Red Apple Slices

27	
	SIGNATURE BEEF
	SLOPPY JOE MEAT 145 cal
	Tortilla Chips
	Double Chocolate 199 cal
	Brownie
	Turkey and Cheese Croissant E/M 347 cal
	Chef Salad 167 cal
	Steamed Carrots
	Garden Salad 15 cal
	Applesauce: All Flavors 50 cal

28	
	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 160 cal
	Loaf
	Chocolate Granola 130 cal
	Cinnamon Granola 120 cal
	Green Beans
	Cucumber Coins
	Red Apple Slices

29	
	CHILE VERDE CHICKEN
	Cilantro Lime Rice 300 cal
	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

30	
	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 32 cal
	Slices
	Tater Tots
	Romaine and Tomato 13 cal
	Orange Cream Frozen Juice Cup 90 cal