



LUNCH

OCTOBER 2026

Chain of Lakes 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	
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	144 cal
Salad	
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 Slices	32 cal
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	347 cal
E/M	
Chef Salad	167 cal
California Blend	
Garden Salad	15 cal
Applesauce: All Flavors	50 cal

14	
ACROBAT ALFREDO	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	27 cal
Broccoli	
Apple Slices	

15	
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

19	
RANCHERO PIZZA	332 cal
Cheese Pizza	310 cal
Turkey Pepperoni Pizza	310 cal
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 NUGGETS	270 cal
Hot Rolls	80 cal
Turkey Ham & Cheese Brioche	345 cal
Sandwich	
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	120 cal
Smoothie	
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 BEEF	89 cal
Garlic Knot	180 cal
Homestyle Mashed	140 cal
Potatoes	
Shredded Mild Cheddar	110 cal
Cheese	
PBJ Uncrustable	300 cal
Grape	
Smucker's Peanut Butter & Chocolate	300 cal
Buffalo Chicken Chopped	144 cal
Salad	
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 Slices	32 cal
Sweet Potato Fries	180 cal
Fresh Veggie Blend #3	
Frozen Juice Cup	

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

27	
SIGNATURE BEEF SLOPPY JOE MEAT	145 cal
Tortilla Chips	
Double Chocolate Brownie	199 cal
Turkey and Cheese Croissant	347 cal
E/M	
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	
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 Slices	32 cal
Tater Tots	
Romaine and Tomato	13 cal
Orange Cream Frozen Juice Cup	90 cal