



Compass Middle Charter

Lunch · October 2026

Monday

- 5
- Ranchero Pizza 332 cal
 - Cheese Pizza 310 cal
 - Turkey Pepperoni Pizza 310 cal
 - Buffalo Chicken Pizza
 - Supreme Pizza 367 cal
 - Breaded Chicken Caesar Salad 321 cal
 - Peanut Butter Cup 180 cal
 - String Cheese, Mozzarella
 - Belly Bear Grahams 130 cal
 - WG Mini Flatbread
 - Colby Jack Cheese Stick
 - Corn
 - Cucumber Coins
 - Red Apple Slices

- 12
- Meat Lover's Rolled Stromboli 310 cal
 - Garlic French Bread Pizza 356 cal
 - Dave's Detroit Style Pizza Cheese & Pepperoni 360 cal
 - Chicken Caesar Salad 151 cal
 - Peanut Butter Cup 180 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick
 - WG Mini Flatbread
 - Belly Bear Grahams 130 cal
 - Green Beans
 - Fresh Veggie Blend #2
 - Red Apple Slices
 - Carnival Cloud Fruit Salad 88 cal

- 19
- Cheese Pizza 310 cal
 - Ranchero Pizza 332 cal
 - Turkey Pepperoni Pizza 310 cal
 - Buffalo Chicken Pizza
 - Supreme Pizza 367 cal
 - Breaded Chicken Caesar Salad 321 cal
 - Peanut Butter Cup 180 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick
 - Belly Bear Grahams 130 cal
 - WG Mini Flatbread
 - Broccoli
 - Fresh Veggie Blend #2
 - Red Apple Slices

- 26
- Mini Cheese Calzones 330 cal
 - Marinara Dip Cup 40 cal
 - Chicken Caesar Salad 151 cal
 - Peanut Butter Cup 180 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick
 - Belly Bear Grahams 130 cal
 - WG Mini Flatbread
 - Broccoli
 - Fresh Veggie Blend #2
 - Red Apple Slices

Tuesday

- 6
- Chicken and Waffles
 - Club Sandwich-E/M 314 cal
 - Chef Salad 223 cal
 - Baked Beans 28 cal
 - Garden Salad 15 cal
 - Applesauce: All Flavors 50 cal

- 13
- Circus BBQ Pulled Pork 407 cal
 - Cookie
 - Turkey and Cheese Croissant E/M 347 cal
 - Chef Salad 223 cal
 - California Blend
 - Garden Salad 15 cal
 - Applesauce: All Flavors 50 cal

- 20
- Boneless Chicken Wings
 - Hot Rolls 80 cal
 - Turkey Ham & Cheese Brioche Sandwich 345 cal
 - Chef Salad 223 cal
 - Garden Salad 15 cal
 - Baked Beans 28 cal
 - Applesauce: All Flavors 50 cal

- 27
- Chile Verde Chicken
 - Cilantro Lime Rice
 - Double Chocolate Brownie 199 cal
 - Turkey and Cheese Croissant E/M 347 cal
 - Chef Salad 223 cal
 - Seasoned Black Beans 214 cal
 - Garden Salad 15 cal
 - Applesauce: All Flavors 50 cal

Wednesday

- 7
- Orange Chicken 150 cal
 - General Tso Chicken 170 cal
 - Rice 108 cal
 - Fortune Cookie
 - Pizza Salad 185 cal
 - Pretzel Goldfish Crackers 90 cal
 - Cinnamon Granola 120 cal
 - Chocolate Granola 130 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick
 - Fruit & Yogurt Parfait 244 cal
 - Broccoli
 - Fresh Veggie Blend #2
 - Red Apple Slices

- 14
- Acrobat Alfredo 287 cal
 - Penne Pasta
 - Garlic Knot 180 cal
 - PBJ Uncrustable 300 cal
 - Grape
 - Chicken Taco Salad 325 cal
 - Parmesan Roasted Broccoli 27 cal
 - House Side Salad 67 cal
 - Apple Slices

- 21
- Mini Chicken Corn Dogs 260 cal
 - Honey Pork BBQ Sandwich 410 cal
 - Pizza Salad 185 cal
 - Mango Pineapple Yogurt Smoothie 164 cal
 - Cool Cow Strawberry Banana Smoothie 120 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick
 - Cheddar Goldfish Crackers 100 cal
 - Oatmeal Chocolate Chip Bar 140 cal
 - Cucumber Coins
 - Corn
 - Red Apple Slices

- 28
- Hot Italian Sub 412 cal
 - Fruit Salad
 - Vanilla Yogurt Cup 90 cal
 - Strawberry Yogurt Cup 90 cal
 - Cinnamon Granola 120 cal
 - Chocolate Granola 130 cal
 - Banana Mini Muffin Loaf 160 cal
 - String Cheese, Mozzarella
 - Colby Jack Cheese Stick
 - Green Beans
 - Cucumber Coins
 - Red Apple Slices

Thursday

- 1
- Chicken Buffalo Macaroni and Cheese 442 cal
 - Chicken Taco Salad 325 cal
 - PBJ Uncrustable 300 cal
 - Grape
 - House Side Salad 67 cal
 - Steamed Peas and Carrots 50 cal
 - Applesauce: All Flavors 50 cal

- 8
- Meatball Marinara Middle 124 cal
 - Rotini Pasta
 - Hot Rolls 80 cal
 - PBJ Uncrustable 300 cal
 - Grape
 - Buffalo Chicken Chopped Salad 203 cal
 - Roasted Zucchini 20 cal
 - House Side Salad 67 cal
 - Applesauce: All Flavors 50 cal

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

- 22
- Chicken Taco Meat 130 cal
 - Rice 108 cal
 - Celebration Cookie 140 cal
 - PBJ Uncrustable 300 cal
 - Grape
 - Smucker's Peanut Butter & Chocolate 300 cal
 - Buffalo Chicken Chopped Salad 203 cal
 - House Side Salad 67 cal
 - Green Beans
 - Applesauce: All Flavors 50 cal

- 29
- Chicken Buffalo Macaroni and Cheese 442 cal
 - Chicken Taco Salad 325 cal
 - PBJ Uncrustable 300 cal
 - Grape
 - House Side Salad 67 cal
 - Steamed Peas and Carrots 50 cal
 - Applesauce: All Flavors 50 cal

Friday

- 2
- 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

- 9
- Turkey BLT 395 cal
 - Veggie Salad
 - Foccacia Flatbread 300 cal
 - Marinara Dip Cup 40 cal
 - Shredded Mozzarella Cheese
 - Turkey Pepperoni Slices 32 cal
 - Sweet Potato Fries 160 cal
 - Fresh Veggie Blend #3
 - Frozen Juice Cup

No menu published

- 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 160 cal
 - Fresh Veggie Blend #3
 - Frozen Juice Cup

- 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