



LUNCH

OCTOBER 2026

Crystal Lake 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 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
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 Crackers 90 cal
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 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 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

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 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 Broccoli 27 cal
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

16
No menu published

19
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

20
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

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

22
SHEPHERD'S PIE BEEF 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

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 Caesar Salad 266 cal
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 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

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 Loaf 160 cal
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