



LUNCH

OCTOBER 2026

Crystal Lake Middle School

Polk County Public Schools

CRYSTAL LAKE
MIDDLE SCHOOL

Monday

Tuesday

Wednesday

Thursday

Friday

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

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

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

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

2

- CHEESEBURGER** 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
- Frozen Fruit Cup 80 cal

9

- TURKEY BLT** 395 cal
- Veggie Salad
- Focaccia 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

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

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

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

15

- SMASHBURGER** 305 cal
- Fruit Salad
- Focaccia 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

16

No menu published

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

20

- BONELESS CHICKEN WINGS** 350 cal
- 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

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

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

23

- CHICKEN PATTY SANDWICH**
- Veggie Salad
- Focaccia 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

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

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

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

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

30

- CHEESEBURGER** 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