



LUNCH OCTOBER 2026

Dundee Ridge Middle

Polk County Public Schools



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 Grape	300 cal
	 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	
	 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

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 Grape	300 cal
	 Chicken Taco Salad	325 cal
	 Parmesan Roasted Broccoli	27 cal
	 House Side Salad	67 cal
	 Apple Slices	

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

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 Grape	300 cal
 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	
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	

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	347 cal
	E/M	

	Chef Salad	223 cal
	Seasoned Black Beans	214 cal

	Garden Salad	15 cal
	Applesauce: All Flavors	50 cal

28	 Hot Italian Sub	412
	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 Grape	300 cal
	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	
	 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