



LUNCH OCTOBER 2026

Frostproof Elementary

Polk County Public Schools

Monday	Tuesday	Wednesday	Thursday	Friday
			1 CHILE VERDE CHICKEN Cilantro Lime Rice PBJ Uncrustable Grape Chicken Taco Salad Seasoned Black Beans House Side Salad Applesauce: All Flavors 300 cal	2 CHEESEBURGER Fish Fillet Sandwich Chopped Cobb Salad Foccacia Flatbread Marinara Dip Cup Shredded Mozzarella Cheese Turkey Pepperoni Slices Tater Tots Romaine and Tomato Frozen Fruit Cup 370 cal 385 cal 300 cal 40 cal 32 cal 13 cal 80 cal
5 CHEESE PIZZA Ranchero Pizza Turkey Pepperoni Pizza Breaded Chicken Caesar Salad WG Mini Flatbread Peanut Butter Cup Belly Bear Grahams String Cheese, Mozzarella Colby Jack Cheese Stick Corn Cucumber Coins Red Apple Slices 310 cal 332 cal 310 cal 266 cal 180 cal 130 cal	6 CHICKEN AND WAFFLES E Club Sandwich-E/M Chef Salad Baked Beans Garden Salad Romaine and Tomato Applesauce: All Flavors 314 cal 167 cal 28 cal 15 cal 13 cal 50 cal	7 ORANGE CHICKEN Fortune Cookie Rice Pizza Salad String Cheese, Mozzarella Colby Jack Cheese Stick Pretzel Goldfish Crackers Fruit & Yogurt Parfait Broccoli Fresh Veggie Blend #2 Red Apple Slices 113 cal 108 cal 18 cal 90 cal 244 cal	8 MEATBALL MARINARA ELEMENTARY Rotini Pasta Hot Rolls PBJ Uncrustable Grape Buffalo Chicken Chopped Salad Roasted Zucchini House Side Salad Applesauce: All Flavors 124 cal 80 cal 300 cal 144 cal 20 cal 67 cal 50 cal	9 HOT ITALIAN SUB Veggie Salad Foccacia Flatbread Turkey Pepperoni Slices Shredded Mozzarella Cheese Marinara Dip Cup Sweet Potato Fries Fresh Veggie Blend #3 Red Apple Slices 412 cal 300 cal 32 cal 40 cal 160 cal
12 MEAT LOVER'S ROLLED STROMBOLI Garlic French Bread Pizza Marinara Dip Cup Chicken Caesar Salad Peanut Butter Cup Colby Jack Cheese Stick String Cheese, Mozzarella WG Mini Flatbread Belly Bear Grahams Fresh Veggie Blend #2 Green Beans Red Apple Slices Carnival Cloud Fruit Salad 310 cal 356 cal 40 cal 151 cal 180 cal 130 cal 88 cal	13 CIRCUS BBQ PULLED PORK Cookie Turkey and Cheese Croissant E/M Chef Salad California Blend Garden Salad Applesauce: All Flavors 407 cal 347 cal 167 cal 15 cal 50 cal	14 ACROBAT ALFREDO Penne Pasta Garlic Knot PBJ Uncrustable Grape Chicken Taco Salad House Side Salad Parmesan Roasted Broccoli Apple Slices 287 cal 180 cal 300 cal 322 cal 67 cal 27 cal	15 SMASHBURGER Fruit Salad Turkey Pepperoni Slices Shredded Mozzarella Cheese Foccacia Flatbread Marinara Dip Cup Whole Grain Onion Rings French Fries Romaine and Tomato Rainbow Johnny Pops Applesauce 305 cal 32 cal 300 cal 40 cal 180 cal 150 cal 13 cal 12 cal	16 No menu published
19 RANCHERO PIZZA Cheese Pizza Turkey Pepperoni Pizza Breaded Chicken Caesar Salad Peanut Butter Cup WG Mini Flatbread Belly Bear Grahams Colby Jack Cheese Stick String Cheese, Mozzarella Broccoli Fresh Veggie Blend #2 Red Apple Slices 332 cal 310 cal 310 cal 266 cal 180 cal 130 cal	20 MINI CHICKEN NUGGETS Hot Rolls Turkey Ham & Cheese Brioche Sandwich Chef Salad Baked Beans Garden Salad Applesauce: All Flavors 270 cal 80 cal 345 cal 167 cal 28 cal 15 cal 50 cal	21 MINI CHICKEN CORN DOGS Pizza Salad Mango Pineapple Yogurt Smoothie Cool Cow Strawberry Banana Smoothie Colby Jack Cheese Stick String Cheese, Mozzarella Cheddar Goldfish Crackers Oatmeal Chocolate Chip Bar Corn Cucumber Coins Red Apple Slices 260 cal 18 cal 164 cal 120 cal 100 cal 140 cal	22 SHEPHERD'S PIE BEEF Garlic Knot Homestyle Mashed Potatoes Shredded Mild Cheddar Cheese PBJ Uncrustable Grape Smucker's Peanut Butter & Chocolate Buffalo Chicken Chopped Salad Steamed Peas and Carrots House Side Salad Applesauce: All Flavors 89 cal 180 cal 140 cal 110 cal 300 cal 300 cal 144 cal 50 cal 67 cal 50 cal	23 CHICKEN PATTY SANDWICH Veggie Salad Foccacia Flatbread Marinara Dip Cup Shredded Mozzarella Cheese Turkey Pepperoni Slices Sweet Potato Fries Fresh Veggie Blend #3 Frozen Juice Cup 300 cal 40 cal 32 cal 180 cal
26 MINI CHEESE CALZONES Marinara Dip Cup Breaded Chicken Caesar Salad Peanut Butter Cup String Cheese, Mozzarella Belly Bear Grahams WG Mini Flatbread Colby Jack Cheese Stick Broccoli Fresh Veggie Blend #2 Red Apple Slices 330 cal 40 cal 266 cal 180 cal 130 cal	27 SIGNATURE BEEF SLOPPY JOE MEAT Tortilla Chips Double Chocolate Brownie Turkey and Cheese Croissant E/M Chef Salad Steamed Carrots Garden Salad Applesauce: All Flavors 145 cal 199 cal 347 cal 167 cal 15 cal 50 cal	28 MEATBALL SUB Pizza Salad Vanilla Yogurt Cup Strawberry Yogurt Cup String Cheese, Mozzarella Colby Jack Cheese Stick Banana Mini Muffin Loaf Chocolate Granola Cinnamon Granola Green Beans Cucumber Coins Red Apple Slices 329 cal 18 cal 90 cal 90 cal 160 cal 130 cal 120 cal	29 CHILE VERDE CHICKEN Cilantro Lime Rice PBJ Uncrustable Grape Chicken Taco Salad Seasoned Black Beans House Side Salad Applesauce: All Flavors 300 cal 322 cal 214 cal 67 cal 50 cal	30 CHEESEBURGER Fish Fillet Sandwich Chopped Cobb Salad Foccacia Flatbread Marinara Dip Cup Shredded Mozzarella Cheese Turkey Pepperoni Slices Tater Tots Romaine and Tomato Orange Cream Frozen Juice Cup 370 cal 385 cal 300 cal 40 cal 32 cal 13 cal 90 cal