



LUNCH

OCTOBER 2026

Frostproof Middle

Polk County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

5	CHEESE PIZZA 310 cal
	Ranchero Pizza 332 cal
	Turkey Pepperoni Pizza 310 cal
	Buffalo Chicken Pizza
	Supreme Pizza 367 cal
	Breaded Chicken 321 cal
	Caesar Salad
	Turkey and Cheese Croissant H 347 cal
	Belly Bear Grahams 130 cal
	Peanut Butter Cup 180 cal
	String Cheese, Mozzarella
	WG Mini Flatbread
	Corn
	Cucumber Coins
	Red Apple Slices

6	CHICKEN AND WAFFLES HS/ADULT
	Chef Salad 223 cal
	Club Sub 356 cal
	Cheddar Goldfish Crackers 100 cal
	Cool Cow Strawberry Banana Smoothie 120 cal
	Mango Pineapple Yogurt Smoothie 164 cal
	Oatmeal Chocolate Chip Bar 140 cal
	String Cheese, Mozzarella
	Baked Beans 28 cal
	Garden Salad 15 cal
	Applesauce: All Flavors 50 cal

7	FORTUNE COOKIE
	Orange Chicken 150 cal
	Rice 108 cal
	Italian Wrap 355 cal
	Pizza Salad 185 cal
	Chocolate Granola 130 cal
	Cinnamon Granola 120 cal
	Fruit & Yogurt Parfait 244 cal
	Pretzel Goldfish Crackers 90 cal
	String Cheese, Mozzarella
	Broccoli
	Fresh Veggie Blend #2
	Red Apple Slices

1	CHICKEN BUFFALO MACARONI AND CHEESE 442 cal
	PBJ Uncrustable
	Chicken Taco Salad 325 cal
	Jack Link's Jerky 80 cal
	Banana Mini Muffin Loaf 160 cal
	Pretzel Goldfish Crackers 90 cal
	Steamed Peas and Carrots 50 cal
	House Side Salad 67 cal
	Applesauce: All Flavors 50 cal

2	MINI CHICKEN CORN DOGS 260 cal
	Fish Fillet Sandwich 385 cal
	Turkey BLT Wrap 365 cal
	Chopped Cobb Salad
	Strawberry Yogurt Cup 90 cal
	Vanilla Yogurt Cup 90 cal
	String Cheese, Mozzarella
	Cinnamon Granola 120 cal
	Chocolate Granola 130 cal
	Banana Mini Muffin Loaf 160 cal
	Tater Tots
	Romaine and Tomato 13 cal
	Frozen Fruit Cup 80 cal

12	MEAT LOVER'S ROLLED STROMBOLI 310 cal
	Garlic French Bread 356 cal
	Pizza
	Dave's Detroit Style Pizza
	Cheese & Pepperoni 360 cal
	Chicken Caesar Salad 151 cal
	Turkey and Cheese Croissant H 347 cal
	String Cheese, Mozzarella
	Peanut Butter Cup 180 cal
	Belly Bear Grahams 130 cal
	WG Mini Flatbread
	Green Beans
	Fresh Veggie Blend #2
	Red Apple Slices
	Carnival Cloud Fruit Salad 88 cal

13	CIRCUS BBQ PULLED PORK 407 cal
	Cookie
	Chef Salad 223 cal
	Turkey Ham & Cheese Brioche Sandwich 345 cal
	Marinara Dip Cup 40 cal
	Shredded Mozzarella Cheese
	Turkey Pepperoni Slices 32 cal
	Focaccia Flatbread 300 cal
	California Blend 15 cal
	Garden Salad
	Applesauce: All Flavors 50 cal

14	ACROBAT ALFREDO 287 cal
	Garlic Knot 180 cal
	Penne Pasta
	Chicken Taco Salad 325 cal
	PBJ Uncrustable
	Cheddar Goldfish Crackers 100 cal
	Cool Cow Strawberry Banana Smoothie 120 cal
	Mango Pineapple Yogurt Smoothie 164 cal
	Oatmeal Chocolate Chip Bar 140 cal
	String Cheese, Mozzarella
	House Side Salad 67 cal
	Parmesan Roasted Broccoli 27 cal
	Apple Slices

15	SMASHBURGER 305 cal
	Buffalo Chicken Wrap 350 cal
	Fruit Salad
	Banana Mini Muffin Loaf 160 cal
	Jack Link's Jerky 80 cal
	Pretzel Goldfish Crackers 90 cal
	French Fries 150 cal
	Romaine and Tomato 13 cal
	Whole Grain Onion Rings 180 cal
	Rainbow Johnny Pops 12 cal
	Applesauce

No menu published

19	MINI CHEESE CALZONES 330 cal
	Marinara Dip Cup 40 cal
	Breaded Chicken 321 cal
	Caesar Salad
	Turkey and Cheese Croissant H 347 cal
	Belly Bear Grahams 130 cal
	Peanut Butter Cup 180 cal
	String Cheese, Mozzarella
	WG Mini Flatbread
	Broccoli
	Fresh Veggie Blend #2
	Red Apple Slices

20	BONELESS CHICKEN WINGS 350 cal
	Hot Rolls 80 cal
	Chef Salad 223 cal
	Club Sub 356 cal
	Mango Pineapple Yogurt Smoothie 164 cal
	Cool Cow Strawberry Banana Smoothie 120 cal
	String Cheese, Mozzarella
	Cheddar Goldfish Crackers 100 cal
	Oatmeal Chocolate Chip Bar 140 cal
	Curly Fries 90 cal
	Garden Salad 15 cal
	Applesauce: All Flavors 50 cal

21	HONEY PORK BBQ SANDWICH 410 cal
	Italian Wrap 355 cal
	Pizza Salad 185 cal
	Chocolate Granola 130 cal
	Cinnamon Granola 120 cal
	Fruit & Yogurt Parfait 244 cal
	Pretzel Goldfish Crackers 90 cal
	String Cheese, Mozzarella
	Cucumber Coins
	Baked Beans 28 cal
	Red Apple Slices

22	CHICKEN TACO MEAT 130 cal
	Celebration Cookie 140 cal
	Smucker's Peanut Butter & Chocolate 300 cal
	PBJ Uncrustable
	Buffalo Chicken Chopped Salad 226 cal
	Jack Link's Jerky 80 cal
	Banana Mini Muffin Loaf 160 cal
	Pretzel Goldfish Crackers 90 cal
	House Side Salad 67 cal
	Fresh Green Beans
	Applesauce: All Flavors 50 cal

23	TURKEY BLT 395 cal
	Turkey BLT Wrap 365 cal
	Veggie Salad
	Marinara Dip Cup 40 cal
	Shredded Mozzarella Cheese
	Turkey Pepperoni Slices 32 cal
	Focaccia Flatbread 300 cal
	Sweet Potato Fries 160 cal
	Fresh Veggie Blend #3
	Frozen Juice Cup

26	MARINARA DIP CUP 40 cal
	Pizza Crunchers 430 cal
	Breaded Chicken 321 cal
	Caesar Salad
	Turkey and Cheese Croissant H 347 cal
	Peanut Butter Cup 180 cal
	WG Mini Flatbread
	Belly Bear Grahams 130 cal
	String Cheese, Mozzarella
	Broccoli
	Fresh Veggie Blend #2
	Red Apple Slices

27	CHILE VERDE CHICKEN
	Cilantro Lime Rice
	Double Chocolate Brownie 199 cal
	Turkey Ham & Cheese Brioche Sandwich 345 cal
	Chef Salad 223 cal
	Marinara Dip Cup 40 cal
	Shredded Mozzarella Cheese
	Focaccia Flatbread 300 cal
	Turkey Pepperoni Slices 32 cal
	Seasoned Black Beans 214 cal
	Garden Salad 15 cal
	Applesauce: All Flavors 50 cal

28	HOT ITALIAN SUB 412 cal
	Buffalo Chicken Wrap 350 cal
	Fruit Salad
	Mango Pineapple Yogurt Smoothie 164 cal
	Cool Cow Strawberry Banana Smoothie 120 cal
	String Cheese, Mozzarella
	Cheddar Goldfish Crackers 100 cal
	Oatmeal Chocolate Chip Bar 140 cal
	Cucumber Coins
	Green Beans
	Red Apple Slices

29	CHICKEN BUFFALO MACARONI AND CHEESE 442 cal
	PBJ Uncrustable
	Chicken Taco Salad 325 cal
	Jack Link's Jerky 80 cal
	Banana Mini Muffin Loaf 160 cal
	Pretzel Goldfish Crackers 90 cal
	Steamed Peas and Carrots 50 cal
	House Side Salad 67 cal
	Applesauce: All Flavors 50 cal

30	MINI CHICKEN CORN DOGS 260 cal
	Fish Fillet Sandwich 385 cal
	Turkey BLT Wrap 365 cal
	Chopped Cobb Salad
	Strawberry Yogurt Cup 90 cal
	Vanilla Yogurt Cup 90 cal
	String Cheese, Mozzarella
	Cinnamon Granola 120 cal
	Chocolate Granola 130 cal
	Banana Mini Muffin Loaf 160 cal
	Tater Tots
	Romaine and Tomato 13 cal
	Orange Cream Frozen Juice Cup 90 cal

Served every day:
Colby Jack Cheese Stick

Menu data from Polk County Public Schools, drawn by schoolmenuapp.com. Menu subject to change. Calories are per serving, as Polk County Public Schools publishes them.

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