

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 Caesar Salad	321 cal
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	
Garden Salad	15 cal
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 Caesar Salad	321 cal
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 Caesar Salad	321 cal
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.