



LUNCH OCTOBER 2026

George Jenkins Senior High

Polk County Public Schools



MONDAY

	Cheese Pizza	310 cal
	Ranchero Pizza	332 cal
	Turkey Pepperoni Pizza	310 cal
	Buffalo Chicken Pizza	367 cal
	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	130 cal
	WG Mini Flatbread	130 cal
	Corn	130 cal
	Cucumber Coins	130 cal
	Red Apple Slices	130 cal

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

	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	130 cal
	WG Mini Flatbread	130 cal
	Broccoli	130 cal
	Fresh Veggie Blend #2	130 cal
	Red Apple Slices	130 cal

	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	130 cal
	Belly Bear Grahams	130 cal
	String Cheese, Mozzarella	130 cal
	Broccoli	130 cal
	Fresh Veggie Blend #2	130 cal
	Red Apple Slices	130 cal

TUESDAY

	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	130 cal
	Baked Beans	28 cal
	Garden Salad	15 cal
	Applesauce: All Flavors	50 cal

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

	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	130 cal
	Cheddar Goldfish Crackers	100 cal
	Oatmeal Chocolate Chip Bar	140 cal
	Curly Fries	90 cal
	Garden Salad	15 cal
	Applesauce: All Flavors	50 cal

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

WEDNESDAY

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

	Acrobat Alfredo	287 cal
	Garlic Knot	180 cal
	Penne Pasta	185 cal
	Chicken Taco Salad	325 cal
	PBJ Uncrustable	100 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	130 cal
	House Side Salad	67 cal
	Parmesan Roasted Broccoli	27 cal
	Apple Slices	130 cal

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

	Hot Italian Sub	412 cal
	Buffalo Chicken Wrap	350 cal
	Fruit Salad	185 cal
	Mango Pineapple Yogurt Smoothie	164 cal
	Cool Cow Strawberry Banana Smoothie	120 cal
	String Cheese, Mozzarella	130 cal
	Cheddar Goldfish Crackers	100 cal
	Oatmeal Chocolate Chip Bar	140 cal
	Cucumber Coins	28 cal
	Green Beans	28 cal
	Red Apple Slices	130 cal

THURSDAY

	Chicken Buffalo Macaroni and Cheese	442 cal
	PBJ Uncrustable	100 cal
	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

	Meatball Marinara High School	187 cal
	Rotini Pasta	80 cal
	Hot Rolls	80 cal
	Buffalo Chicken Chopped Salad	226 cal
	PBJ Uncrustable	100 cal
	Jack Link's Jerky	80 cal
	Banana Mini Muffin Loaf	160 cal
	Pretzel Goldfish Crackers	90 cal
	Roasted Zucchini	20 cal
	House Side Salad	67 cal
	Applesauce: All Flavors	50 cal

	Smashburger	305 cal
	Buffalo Chicken Wrap	350 cal
	Fruit Salad	185 cal
	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	130 cal

	Chicken Taco Meat	130 cal
	Celebration Cookie	140 cal
	Smucker's Peanut Butter & Chocolate	300 cal
	PBJ Uncrustable	100 cal
	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	28 cal
	Applesauce: All Flavors	50 cal

	Chicken Buffalo Macaroni and Cheese	442 cal
	PBJ Uncrustable	100 cal
	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

FRIDAY

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

	Chicken Tender Sub	519 cal
	Turkey BLT Wrap	365 cal
	Veggie Salad	40 cal
	Marinara Dip Cup	40 cal
	Focaccia Flatbread	300 cal
	Shredded Mozzarella Cheese	32 cal
	Turkey Pepperoni Slices	32 cal
	Sweet Potato Fries	180 cal
	Fresh Veggie Blend #3	130 cal
	Frozen Juice Cup	90 cal

	No menu published	
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	Turkey BLT	395 cal
	Turkey BLT Wrap	365 cal
	Veggie Salad	40 cal
	Marinara Dip Cup	40 cal
	Shredded Mozzarella Cheese	32 cal
	Turkey Pepperoni Slices	32 cal
	Focaccia Flatbread	300 cal
	Sweet Potato Fries	160 cal
	Fresh Veggie Blend #3	130 cal
	Frozen Juice Cup	90 cal

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

EVERY DAY

Colby Jack Cheese Stick

Menu subject to change.