



LUNCH OCTOBER 2026

Haines City Senior High

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 367 cal
 - 🍕 Supreme Pizza 321 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 120 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

- 8**
- Meatball Marinara High School**
- 🍷 Rotini Pasta 187 cal
 - 🍷 Hot Rolls 80 cal
 - 🍷 Buffalo Chicken Chopped Salad 226 cal
 - 🍷 PBJ Uncrustable 80 cal
 - 🍷 Jack Link's Jerky 160 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

- 9**
- Chicken Tender Sub**
- 🍷 Turkey BLT Wrap 365 cal
 - 🍷 Veggie Salad
 - 🍷 Marinara Dip Cup 40 cal
 - 🍷 Focaccia Flatbread 300 cal
 - 🍷 Shredded Mozzarella Cheese
 - 🍷 Turkey Pepperoni Slices 32 cal
 - 🍷 Sweet Potato Fries 180 cal
 - 🍷 Fresh Veggie Blend #3
 - 🍷 Frozen Juice Cup

- 12**
- Meat Lover's Rolled Stromboli**
- 🍷 Garlic French Bread 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
 - 🍷 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**
- 🍷 Cookie 223 cal
 - 🍷 Turkey Ham & Cheese Brioche Sandwich 345 cal
 - 🍷 Marinara Dip Cup 40 cal
 - 🍷 Shredded Mozzarella Cheese 32 cal
 - 🍷 Turkey Pepperoni Slices 300 cal
 - 🍷 Focaccia Flatbread 300 cal
 - 🍷 California Blend 15 cal
 - 🍷 Garden Salad 15 cal
 - 🍷 Applesauce: All Flavors 50 cal

- 14**
- Acrobat Alfredo**
- 🍷 Garlic Knot 180 cal
 - 🍷 Penne Pasta 325 cal
 - 🍷 Chicken Taco Salad 100 cal
 - 🍷 PBJ Uncrustable 100 cal
 - 🍷 Cheddar Goldfish Crackers 120 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**
- 🍷 Buffalo Chicken Wrap 350 cal
 - 🍷 Fruit Salad 160 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 Wings 180 cal
 - 🍷 Rainbow Johnny Pops 12 cal
 - 🍷 Applesauce

- 16**
- No menu published

- 19**
- Mini Cheese Calzones**
- 🍷 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**
- 🍷 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**
- 🍷 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 28 cal
 - 🍷 Baked Beans
 - 🍷 Red Apple Slices

- 22**
- Chicken Taco Meat**
- 🍷 Celebration Cookie 140 cal
 - 🍷 Smucker's Peanut Butter & Chocolate 300 cal
 - 🍷 PBJ Uncrustable 80 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
 - 🍷 Applesauce: All Flavors 50 cal

- 23**
- Turkey BLT**
- 🍷 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**
- 🍷 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 199 cal
 - 🍷 Double Chocolate Brownie
 - 🍷 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**
- 🍷 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**
- 🍷 PBJ Uncrustable 80 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

- 30**
- Mini Chicken Corn Dogs**
- 🍷 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

EVERY DAY

- 🍷 Colby Jack Cheese Stick

Menu subject to change.