



# LUNCH OCTOBER 2026

## Harrison Arts Center

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** 28 cal
  - WG Mini Flatbread** 15 cal
  - Corn** 15 cal
  - Cucumber Coins** 15 cal
  - Red Apple Slices** 15 cal

- 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** 28 cal
  - Baked Beans** 15 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** 28 cal
  - Broccoli** 15 cal
  - Fresh Veggie Blend #2** 15 cal
  - Red Apple Slices** 15 cal

- 8**
- Meatball Marinara High School** 187 cal
  - Rotini Pasta** 80 cal
  - Hot Rolls** 80 cal
  - Buffalo Chicken Chopped Salad** 226 cal
  - PBJ Uncrustable** 80 cal
  - Jack Link's Jerky** 80 cal
  - Banana Mini Muffin** 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** 519 cal
  - Turkey BLT Wrap** 365 cal
  - Veggie Salad** 365 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** 13 cal
  - Frozen Juice Cup** 80 cal

- 12**
- Meat Lover's Rolled Stromboli** 310 cal
  - 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** 28 cal
  - Peanut Butter Cup** 180 cal
  - Belly Bear Grahams** 130 cal
  - WG Mini Flatbread** 15 cal
  - Green Beans** 15 cal
  - Fresh Veggie Blend #2** 15 cal
  - Red Apple Slices** 15 cal
  - Carnival Cloud Fruit Salad** 88 cal

- 13**
- 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

- 14**
- 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** 28 cal
  - House Side Salad** 67 cal
  - Parmesan Roasted Broccoli** 27 cal
  - Apple Slices** 15 cal

- 15**
- Smashburger** 305 cal
  - Buffalo Chicken Wrap** 350 cal
  - Fruit Salad** 160 cal
  - Banana Mini Muffin** 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** 50 cal

- 16**
- 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** 28 cal
  - WG Mini Flatbread** 15 cal
  - Broccoli** 15 cal
  - Fresh Veggie Blend #2** 15 cal
  - Red Apple Slices** 15 cal

- 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** 28 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

- 21**
- 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** 28 cal
  - Cucumber Coins** 15 cal
  - Baked Beans** 15 cal
  - Red Apple Slices** 15 cal

- 22**
- Chicken Taco Meat** 130 cal
  - 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** 160 cal
  - Pretzel Goldfish Crackers** 90 cal
  - House Side Salad** 67 cal
  - Fresh Green Beans** 50 cal
  - Applesauce: All Flavors** 50 cal

- 23**
- Turkey BLT** 395 cal
  - Turkey BLT Wrap** 365 cal
  - Veggie Salad** 365 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** 13 cal
  - Frozen Juice Cup** 80 cal

- 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** 15 cal
  - Belly Bear Grahams** 130 cal
  - String Cheese, Mozzarella** 28 cal
  - Broccoli** 15 cal
  - Fresh Veggie Blend #2** 15 cal
  - Red Apple Slices** 15 cal

- 27**
- 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

- 28**
- Hot Italian Sub** 412 cal
  - Buffalo Chicken Wrap** 350 cal
  - Fruit Salad** 160 cal
  - Mango Pineapple Yogurt Smoothie** 164 cal
  - Cool Cow Strawberry Banana Smoothie** 120 cal
  - String Cheese, Mozzarella** 28 cal
  - Cheddar Goldfish Crackers** 100 cal
  - Oatmeal Chocolate Chip Bar** 140 cal
  - Cucumber Coins** 15 cal
  - Green Beans** 15 cal
  - Red Apple Slices** 15 cal

- 29**
- Chicken Buffalo Macaroni and Cheese** 442 cal
  - PBJ Uncrustable** 80 cal
  - Chicken Taco Salad** 325 cal
  - Jack Link's Jerky** 80 cal
  - Banana Mini Muffin** 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** 90 cal
  - Strawberry Yogurt Cup** 90 cal
  - Vanilla Yogurt Cup** 90 cal
  - String Cheese, Mozzarella** 28 cal
  - Cinnamon Granola** 120 cal
  - Chocolate Granola** 120 cal
  - Banana Mini Muffin** 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.