



LUNCH

OCTOBER 2026

Karen M. Siegel Academy

Polk County Public Schools



Monday

Tuesday

Wednesday

Thursday

Friday

5	RANCHERO PIZZA 332 cal
	Cheese Pizza 310 cal
	Turkey Pepperoni Pizza 310 cal
	Buffalo Chicken Pizza
	Supreme Pizza 367 cal
	Breaded Chicken Caesar Salad 321 cal
	Peanut Butter Cup 180 cal
	String Cheese, Mozzarella
	Belly Bear Grahams 130 cal
	WG Mini Flatbread
	Colby Jack Cheese Stick
	Corn
	Cucumber Coins
	Red Apple Slices

6	CHICKEN AND WAFFLES
	Club Sandwich-E/M 314 cal
	Chef Salad 223 cal
	Baked Beans 28 cal
	Garden Salad 15 cal
	Applesauce: All Flavors 50 cal

7	ORANGE CHICKEN 150 cal
	General Tso Chicken 170 cal
	Rice 108 cal
	Fortune Cookie
	Pizza Salad 185 cal
	Pretzel Goldfish Crackers 90 cal
	Cinnamon Granola 120 cal
	Chocolate Granola 130 cal
	String Cheese, Mozzarella
	Colby Jack Cheese Stick
	Fruit & Yogurt Parfait 244 cal
	Broccoli
	Fresh Veggie Blend #2
	Red Apple Slices

1	CHICKEN 442 cal
	BUFFALO MACARONI AND CHEESE
	Chicken Taco Salad 325 cal
	PBJ Uncrustable 300 cal
	Grape
	House Side Salad 67 cal
	Steamed Peas and Carrots 50 cal
	Applesauce: All Flavors 50 cal

2	CHEESEBURGER 370 cal
	Fish Fillet Sandwich 385 cal
	Chopped Cobb Salad
	Foccacia Flatbread 300 cal
	Marinara Dip Cup 40 cal
	Shredded Mozzarella Cheese
	Turkey Pepperoni Slices 32 cal
	Tater Tots
	Romaine and Tomato 13 cal
	Frozen Fruit 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
	Peanut Butter Cup 180 cal
	String Cheese, Mozzarella
	Colby Jack Cheese Stick
	WG Mini Flatbread
	Belly Bear Grahams 130 cal
	Green Beans
	Fresh Veggie Blend #2
	Red Apple Slices
	Carnival Cloud Fruit Salad 88 cal

13	CIRCUS BBQ PULLED PORK 407 cal
	Cookie
	Turkey and Cheese Croissant E/M 347 cal
	Chef Salad 223 cal
	California Blend
	Garden Salad 15 cal
	Applesauce: All Flavors 50 cal

14	ACROBAT ALFREDO 287 cal
	Penne Pasta
	Garlic Knot 180 cal
	PBJ Uncrustable 300 cal
	Grape
	Chicken Taco Salad 325 cal
	Parmesan Roasted Broccoli 27 cal
	House Side Salad 67 cal
	Apple Slices

15	SMASHBURGER 305 cal
	Fruit Salad
	Foccacia Flatbread 300 cal
	Marinara Dip Cup 40 cal
	Turkey Pepperoni Slices 32 cal
	Shredded Mozzarella Cheese
	French Fries 150 cal
	Whole Grain Onion Rings 180 cal
	Romaine and Tomato 13 cal
	Applesauce
	Rainbow Johnny Pops 12 cal

No menu published

19	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
	Peanut Butter Cup 180 cal
	String Cheese, Mozzarella
	Colby Jack Cheese Stick
	Belly Bear Grahams 130 cal
	WG Mini Flatbread
	Broccoli
	Fresh Veggie Blend #2
	Red Apple Slices

20	BONELESS CHICKEN WINGS 350 cal
	Hot Rolls 80 cal
	Turkey Ham & Cheese Brioche Sandwich 345 cal
	Chef Salad 223 cal
	Garden Salad 15 cal
	Baked Beans 28 cal
	Applesauce: All Flavors 50 cal

21	MINI CHICKEN CORN DOGS 260 cal
	Honey Pork BBQ 410 cal
	Sandwich
	Pizza Salad 185 cal
	Mango Pineapple Yogurt Smoothie 164 cal
	Cool Cow Strawberry Banana Smoothie 120 cal
	String Cheese, Mozzarella
	Colby Jack Cheese Stick
	Cheddar Goldfish Crackers 100 cal
	Oatmeal Chocolate Chip Bar 140 cal
	Cucumber Coins
	Corn
	Red Apple Slices

22	CHICKEN TACO MEAT 130 cal
	Rice 108 cal
	Celebration Cookie 140 cal
	PBJ Uncrustable 300 cal
	Grape
	Smucker's Peanut Butter & Chocolate 300 cal
	Buffalo Chicken Chopped Salad 203 cal
	House Side Salad 67 cal
	Green Beans
	Applesauce: All Flavors 50 cal

23	CHICKEN PATTY SANDWICH
	Veggie Salad
	Foccacia Flatbread 300 cal
	Marinara Dip Cup 40 cal
	Shredded Mozzarella Cheese
	Turkey Pepperoni Slices 32 cal
	Sweet Potato Fries 160 cal
	Fresh Veggie Blend #3
	Frozen Juice Cup

26	MINI CHEESE CALZONES 330 cal
	Marinara Dip Cup 40 cal
	Chicken Caesar Salad 151 cal
	Peanut Butter Cup 180 cal
	String Cheese, Mozzarella
	Colby Jack Cheese Stick
	Belly Bear Grahams 130 cal
	WG Mini Flatbread
	Broccoli
	Fresh Veggie Blend #2
	Red Apple Slices

27	CHILE VERDE CHICKEN
	Cilantro Lime Rice
	Double Chocolate Brownie 199 cal
	Turkey and Cheese Croissant E/M 347 cal
	Chef Salad 223 cal
	Seasoned Black Beans 214 cal
	Garden Salad 15 cal
	Applesauce: All Flavors 50 cal

28	HOT ITALIAN SUB 412 cal
	Fruit Salad
	Vanilla Yogurt Cup 90 cal
	Strawberry Yogurt Cup 90 cal
	Cinnamon Granola 120 cal
	Chocolate Granola 130 cal
	Banana Mini Muffin Loaf 160 cal
	String Cheese, Mozzarella
	Colby Jack Cheese Stick
	Green Beans
	Cucumber Coins
	Red Apple Slices

29	CHICKEN 442 cal
	BUFFALO MACARONI AND CHEESE
	Chicken Taco Salad 325 cal
	PBJ Uncrustable 300 cal
	Grape
	House Side Salad 67 cal
	Steamed Peas and Carrots 50 cal
	Applesauce: All Flavors 50 cal

30	CHEESEBURGER 370 cal
	Fish Fillet Sandwich 385 cal
	Chopped Cobb Salad
	Foccacia Flatbread 300 cal
	Marinara Dip Cup 40 cal
	Shredded Mozzarella Cheese
	Turkey Pepperoni Slices 32 cal
	Tater Tots
	Romaine and Tomato 13 cal
	Orange Cream Frozen Juice Cup 90 cal