



LUNCH OCTOBER 2026

Lake Alfred Elementary

Polk County Public Schools



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5	 Cheese Pizza	310 cal
	 Ranchero Pizza	332 cal
	 Turkey Pepperoni Pizza	310 cal
	 Breaded Chicken Caesar Salad	266 cal
	 WG Mini Flatbread	
	 Peanut Butter Cup	180 cal
	 Belly Bear Grahams	130 cal
	 String Cheese, Mozzarella	
	 Colby Jack Cheese Stick	
	 Corn	
	 Cucumber Coins	
	 Red Apple Slices	

6	Chicken and Waffles E	
	Club Sandwich-E/M	314 cal
	Chef Salad	167 cal
	Baked Beans	28 cal
	Garden Salad	15 cal
	Romaine and Tomato	13 cal
	Applesauce: All Flavors	50 cal

7		
	Orange Chicken	113 cal
	Fortune Cookie	
	Rice	108 cal
	Pizza Salad	18 cal
	String Cheese, Mozzarella	
	Colby Jack Cheese Stick	
	Pretzel Goldfish Crackers	90 cal
	Fruit & Yogurt Parfait	244 cal
	Broccoli	
	Fresh Veggie Blend #2	
	Red Apple Slices	

1	Chile Verde Chicken	
	Cilantro Lime Rice	
	PBJ Uncrustable Grape	300 cal
	Chicken Taco Salad	322 cal
	Seasoned Black Beans	214 cal
	House Side Salad	67 cal
	Applesauce: All Flavors	50 cal

2	 Cheeseburger	370 cal
	 Fish Fillet Sandwich	385 cal
	 Chopped Cobb Salad	
	 Focaccia 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
	Marinara Dip Cup	40 cal
	Chicken Caesar Salad	151 cal
	Peanut Butter Cup	180 cal
	Colby Jack Cheese Stick	
	String Cheese, Mozzarella	
	WG Mini Flatbread	
	Belly Bear Grahams	130 cal
	Fresh Veggie Blend #2	
	Green Beans	
	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	167 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 Grape 300 cal
	Chicken Taco Salad 322 cal
	House Side Salad 67 cal
	Parmesan Roasted Broccoli 27 cal
	Apple Slices

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

16	No menu published
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19		
	Ranchero Pizza	332 cal
	Cheese Pizza	310 cal
	Turkey Pepperoni Pizza	310 cal
	Breaded Chicken Caesar Salad	266 cal
	Peanut Butter Cup	180 cal
	WG Mini Flatbread	
	Belly Bear Grahams	130 cal
	Colby Jack Cheese Stick	
	String Cheese, Mozzarella	
	Broccoli	
	Fresh Veggie Blend #2	
	Red Apple Slices	

20	
	Mini Chicken Nuggets 270 cal
	Hot Rolls 80 cal
	Turkey Ham & Cheese Brioche Sandwich 345 cal
	Chef Salad 167 cal
	Baked Beans 28 cal
	Garden Salad 15 cal
	Applesauce: All Flavors 50 cal

21	
	Mini Chicken Corn Dogs 260 cal
	Pizza Salad 18 cal
	Mango Pineapple Yogurt Smoothie 164 cal
	Cool Cow Strawberry Banana Smoothie 120 cal
	Colby Jack Cheese Stick
	String Cheese, Mozzarella
	Cheddar Goldfish Crackers 100 cal
	Oatmeal Chocolate Chip Bar 140 cal
	Corn
	Cucumber Coins
	Red Apple Slices

22		
	Shepherd's Pie Beef	89 cal
	Garlic Knot	180 cal
	Homestyle Mashed Potatoes	140 cal
	Shredded Mild Cheddar Cheese	110 cal
	PBJ Uncrustable Grape Smucker's Peanut Butter & Chocolate	300 cal
	Buffalo Chicken Chopped Salad	144 cal
	Steamed Peas and Carrots	50 cal
	House Side Salad	67 cal
	Applesauce: All Flavors	50 cal

23

 **Chicken Patty Sandwich**

 **Veggie Salad**

 **Focaccia Flatbread** 300 cal

 **Marinara Dip Cup** 40 cal

 **Shredded Mozzarella Cheese**

 **Turkey Pepperoni Slices** 32 cal

 **Sweet Potato Fries** 180 cal

 **Fresh Veggie Blend #3**

 **Frozen Juice Cup**

26		
	Mini Cheese Calzones	330 cal
	Marinara Dip Cup	40 cal
	Breaded Chicken Caesar Salad	266 cal
	Peanut Butter Cup	180 cal
	String Cheese, Mozzarella	
	Belly Bear Grahams	130 cal
	WG Mini Flatbread	
	Colby Jack Cheese Stick	
	Broccoli	
	Fresh Veggie Blend #2	
	Red Apple Slices	

27	 Signature Beef Sloppy Joe Meat 145 cal
	 Tortilla Chips
	 Double Chocolate Brownie 199 cal
	 Turkey and Cheese Croissant 347 cal
	E/M
	 Chef Salad 167 cal
	 Steamed Carrots
	 Garden Salad 15 cal
	 Applesauce: All Flavors 50 cal

28	
 Meatball Sub	329 cal
 Pizza Salad	18 cal
 Vanilla Yogurt Cup	90 cal
 Strawberry Yogurt Cup	90 cal
 String Cheese, Mozzarella	
 Colby Jack Cheese Stick	
 Banana Mini Muffin Loaf	160 cal
 Chocolate Granola	130 cal
 Cinnamon Granola	120 cal
 Green Beans	
 Cucumber Coins	
 Red Apple Slices	

29

Chile Verde Chicken

 Cilantro Lime Rice

 PBJ Uncrustable Grape 300 cal

 Chicken Taco Salad 322 cal

 Seasoned Black Beans 214 cal

 House Side Salad 67 cal

 Applesauce: All Flavors 50 cal

30	
	Cheeseburger 370 cal
	Fish Fillet Sandwich 385 cal
	Chopped Cobb Salad
	Focaccia 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