



LUNCH OCTOBER 2026

Lake Region Senior High

Polk County Public Schools



Monday	Tuesday	Wednesday	Thursday	Friday
			1 CHICKEN BUFFALO MACARONI AND CHEESE 442 cal PBJ Uncrustable 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	2 MINI CHICKEN CORN DOGS 260 cal 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 Frozen Fruit Cup 80 cal
5 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 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 130 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 187 cal Rotini Pasta Hot Rolls 80 cal Buffalo Chicken Chopped Salad 226 cal PBJ Uncrustable 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	9 CHICKEN TENDER SUB 519 cal 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 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 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 407 cal Cookie Chef Salad 223 cal Turkey Ham & Cheese Brioche Sandwich 345 cal Marinara Dip Cup 40 cal Shredded Mozzarella Cheese Turkey Pepperoni Slices 32 cal Focaccia Flatbread 300 cal California Blend Garden Salad 15 cal Applesauce: All Flavors 50 cal	14 ACROBAT ALFREDO 287 cal Garlic Knot 180 cal Penne Pasta Chicken Taco Salad 325 cal PBJ Uncrustable 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 House Side Salad 67 cal Parmesan Roasted Broccoli 27 cal Apple Slices	15 SMASHBURGER 305 cal Buffalo Chicken Wrap 350 cal Fruit Salad 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	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 WG Mini Flatbread Broccoli Fresh Veggie Blend #2 Red Apple Slices	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 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 130 cal Cinnamon Granola 120 cal Fruit & Yogurt Parfait 244 cal Pretzel Goldfish Crackers 90 cal String Cheese, Mozzarella Cucumber Coins Baked Beans 28 cal Red Apple Slices	22 CHICKEN TACO MEAT 130 cal Celebration Cookie 140 cal Smucker's Peanut Butter & Chocolate 300 cal PBJ Uncrustable 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 395 cal 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 180 cal Fresh Veggie Blend #3 Frozen Juice Cup
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 Belly Bear Grahams 130 cal String Cheese, Mozzarella Broccoli Fresh Veggie Blend #2 Red Apple Slices	27 CHILE VERDE CHICKEN Cilantro Lime Rice Double Chocolate Brownie 199 cal 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 412 cal 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 442 cal PBJ Uncrustable 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 260 cal 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

Served every day:
Colby Jack Cheese Stick

Menu data from Polk County Public Schools, drawn by schoolmenuapp.com. Menu subject to change. Calories are per serving, as Polk County Public Schools publishes them.

nutrislice