



LUNCH OCTOBER 2026

Lake Shipp Elementary

Polk County Public Schools

LAKE SHIPP
ELEMENTARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

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

3

Cheese Pizza

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	

4

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

5

Orange Chicken

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

6

Meatball Marinara Elementary

Rotini Pasta	124 cal
Hot Rolls	80 cal
PBJ Uncrustable Grape	300 cal
Buffalo Chicken Chopped Salad	144 cal
Roasted Zucchini	20 cal
House Side Salad	67 cal
Applesauce: All Flavors	50 cal

7

Hot Italian Sub

Veggie Salad	412 cal
Foccacia Flatbread	300 cal
Turkey Pepperoni Slices	32 cal
Shredded Mozzarella Cheese	
Marinara Dip Cup	40 cal
Sweet Potato Fries	160 cal
Fresh Veggie Blend #3	
Red Apple Slices	

8

Meat Lover's Rolled Stromboli

Garlic French Bread Pizza	310 cal
Marinara Dip Cup	356 cal
Chicken Caesar Salad	40 cal
Peanut Butter Cup	151 cal
Colby Jack Cheese Stick	180 cal
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

9

Circus BBQ Pulled Pork

Cookie	407 cal
Turkey and Cheese Croissant E/M	347 cal
Chef Salad	167 cal
California Blend	
Garden Salad	15 cal
Applesauce: All Flavors	50 cal

10

Acrobat Alfredo

Penne Pasta	287 cal
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	

11

Smashburger

Fruit Salad	305 cal
Turkey Pepperoni Slices	32 cal
Shredded Mozzarella Cheese	
Foccacia 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	

12

No menu published

13

Ranchero Pizza

Cheese Pizza	332 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	

14

Mini Chicken Nuggets

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

15

Mini Chicken Corn Dogs

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

16

Shepherd's Pie Beef

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

17

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	180 cal
Fresh Veggie Blend #3	
Frozen Juice Cup	

18

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

19

Cheeseburger

Fish Fillet Sandwich	370 cal
Chopped Cobb Salad	385 cal
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

20

Signature Beef Sloppy Joe Meat

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

21

Meatball Sub

Pizza Salad	329 cal
Vanilla Yogurt Cup	18 cal
Strawberry Yogurt Cup	90 cal
String Cheese, Mozzarella	90 cal
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	

22

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

23

Cheeseburger

Fish Fillet Sandwich	370 cal
Chopped Cobb Salad	385 cal
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

24

Mini Cheese Calzones

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

25

Signature Beef Sloppy Joe Meat

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

26

Meatball Sub

Pizza Salad	329 cal
Vanilla Yogurt Cup	18 cal
Strawberry Yogurt Cup	90 cal
String Cheese, Mozzarella	90 cal
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	

27

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

28

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

29

Cheeseburger

Fish Fillet Sandwich	370 cal
Chopped Cobb Salad	385 cal
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

30

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

31

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

32

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

33

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

34

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

35

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

36

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

37

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

38

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

39

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

40

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

41

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

42

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

43

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

44

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

45

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

46

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

47