



LUNCH

OCTOBER 2026

Lakeland Highlands Middle

Polk County Public Schools



Monday

Tuesday

Wednesday

Thursday

Friday

5

RANCHERO PIZZA	332 cal
Cheese Pizza	310 cal
Turkey Pepperoni	310 cal
Buffalo Chicken Pizza	
Supreme Pizza	367 cal
Breaded Chicken	321 cal
Caesar Salad	
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	90 cal
Crackers	
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	

8

MEATBALL MARINARA MIDDLE	124 cal
Rotini Pasta	
Hot Rolls	80 cal
PBJ Uncrustable	300 cal
Grape	
Buffalo Chicken Chopped	
Salad	203 cal
Roasted Zucchini	20 cal
House Side Salad	67 cal
Applesauce: All Flavors	50 cal

9

TURKEY BLT	395 cal
Veggie Salad	
Foccacia Flatbread	300 cal
Marinara Dip Cup	40 cal
Shredded Mozzarella Cheese	
Turkey Pepperoni	32 cal
Slices	
Sweet Potato Fries	160 cal
Fresh Veggie Blend #3	
Frozen Juice Cup	

12

MEAT LOVER'S ROLLED STROMBOLI	310 cal
Garlic French Bread	356 cal
Pizza	
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	32 cal
Slices	
Shredded Mozzarella Cheese	
French Fries	150 cal
Whole Grain Onion	180 cal
Rings	
Romaine and Tomato	13 cal
Applesauce	
Rainbow Johnny Pops	12 cal

16

No menu published

19

CHEESE PIZZA	310 cal
Ranchero Pizza	332 cal
Turkey Pepperoni	310 cal
Pizza	
Buffalo Chicken Pizza	
Supreme Pizza	367 cal
Breaded Chicken	321 cal
Caesar Salad	
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	100 cal
Crackers	
Oatmeal Chocolate	140 cal
Chip Bar	
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	32 cal
Slices	
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	199 cal
Brownie	
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	160 cal
Loaf	
String Cheese, Mozzarella	
Colby Jack Cheese Stick	
Green Beans	
Cucumber Coins	
Red Apple Slices	

29

CHICKEN BUFFALO MACARONI AND CHEESE	442 cal
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	32 cal
Slices	
Tater Tots	
Romaine and Tomato	13 cal
Orange Cream Frozen Juice	
Cup	90 cal