



Lawton Chiles Middle Academy

Lunch · October 2026



Monday

- 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

- 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

- 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

- 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

Tuesday

- 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

- 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

- 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

- 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

Wednesday

- 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

- 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

- 21**
- 🍗 **Mini Chicken Corn Dogs** 260 cal
 - 🍌 Honey Pork BBQ Sandwich 410 cal
 - 🍌 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

- 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

Thursday

- 8**
- 🍗 **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

- 15**
- 🍗 **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

- 22**
- 🍗 **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

- 29**
- 🍗 **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

- 30**
- 🍗 **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

Friday

- 9**
- 🍗 **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

- 16**
- 🍗 **Turkey BLT** 395 cal
 - 🥗 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

No menu published

- 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

- 31**
- 🍗 **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