



LUNCH OCTOBER 2026

Mulberry Middle School

Polk County Public Schools



Monday	Tuesday	Wednesday	Thursday	Friday
			1 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	2 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
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	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 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	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 Slices 32 cal Sweet Potato Fries 160 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 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 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	16 No menu published
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	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 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	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 Slices 32 cal 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 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	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	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 Slices 32 cal Tater Tots Romaine and Tomato 13 cal Orange Cream Frozen Juice Cup 90 cal