



# LUNCH

## OCTOBER 2026

# Palmetto Elementary

Polk County Public Schools



Monday

Tuesday

Wednesday

Thursday

Friday

|                              |         |
|------------------------------|---------|
| <b>CHEESE PIZZA</b>          | 310 cal |
| 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             |         |

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|----------------------------|---------|
| <b>CHICKEN AND WAFFLES</b> |         |
| 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  |

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

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|----------------------------|---------|
| <b>CHILE VERDE CHICKEN</b> |         |
| Cilantro Lime Rice         |         |
| PBJ Uncrustable            | 300 cal |
| Grape                      |         |
| Chicken Taco Salad         | 322 cal |
| Seasoned Black Beans       | 214 cal |
| House Side Salad           | 67 cal  |
| Applesauce: All Flavors    | 50 cal  |

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|----------------------------|---------|
| <b>CHEESEBURGER</b>        | 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  |

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|--------------------------------------|---------|
| <b>MEAT LOVER'S ROLLED STROMBOLI</b> | 310 cal |
| Garlic French Bread Pizza            | 356 cal |
| Marinara Dip Cup                     | 40 cal  |
| Chicken Caesar Salad                 | 151 cal |
| Peanut Butter Cup                    | 180 cal |
| Colby Jack Cheese Stick              |         |
| 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  |

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|---------------------------------|---------|
| <b>CIRCUS BBQ PULLED PORK</b>   | 407 cal |
| Cookie                          |         |
| Turkey and Cheese Croissant E/M | 347 cal |
| Chef Salad                      | 167 cal |
| California Blend                |         |
| Garden Salad                    | 15 cal  |
| Applesauce: All Flavors         | 50 cal  |

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|---------------------------|---------|
| <b>ACROBAT ALFREDO</b>    | 287 cal |
| Penne Pasta               |         |
| Garlic Knot               | 180 cal |
| PBJ Uncrustable           | 300 cal |
| Grape                     |         |
| Chicken Taco Salad        | 322 cal |
| House Side Salad          | 67 cal  |
| Parmesan Roasted Broccoli | 27 cal  |
| Apple Slices              |         |

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|----------------------------|---------|
| <b>SMASHBURGER</b>         | 305 cal |
| Fruit Salad                |         |
| 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                 |         |

No menu published

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|------------------------------|---------|
| <b>RANCHERO PIZZA</b>        | 332 cal |
| Cheese Pizza                 | 310 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             |         |

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|--------------------------------------|---------|
| <b>MINI CHICKEN NUGGETS</b>          | 270 cal |
| Hot Rolls                            | 80 cal  |
| Turkey Ham & Cheese Brioche Sandwich | 345 cal |
| Chef Salad                           | 167 cal |
| Baked Beans                          | 28 cal  |
| Garden Salad                         | 15 cal  |
| Applesauce: All Flavors              | 50 cal  |

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|-------------------------------------|---------|
| <b>MINI CHICKEN CORN DOGS</b>       | 260 cal |
| Pizza Salad                         | 18 cal  |
| Mango Pineapple Yogurt Smoothie     | 164 cal |
| Cool Cow Strawberry Banana Smoothie | 120 cal |
| Colby Jack Cheese Stick             |         |
| String Cheese, Mozzarella           |         |
| Cheddar Goldfish Crackers           | 100 cal |
| Oatmeal Chocolate Chip Bar          | 140 cal |
| Corn                                |         |
| Cucumber Coins                      |         |
| Red Apple Slices                    |         |

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

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|-------------------------------|---------|
| <b>CHICKEN PATTY SANDWICH</b> |         |
| 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              |         |

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

|                                       |         |
|---------------------------------------|---------|
| <b>SIGNATURE BEEF SLOPPY JOE MEAT</b> | 145 cal |
| Tortilla Chips                        |         |
| 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  |

|                           |         |
|---------------------------|---------|
| <b>MEATBALL SUB</b>       | 329 cal |
| Pizza Salad               | 18 cal  |
| Vanilla Yogurt Cup        | 90 cal  |
| Strawberry Yogurt Cup     | 90 cal  |
| String Cheese, Mozzarella |         |
| 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          |         |

|                            |         |
|----------------------------|---------|
| <b>CHILE VERDE CHICKEN</b> |         |
| Cilantro Lime Rice         |         |
| PBJ Uncrustable            | 300 cal |
| Grape                      |         |
| Chicken Taco Salad         | 322 cal |
| Seasoned Black Beans       | 214 cal |
| House Side Salad           | 67 cal  |
| Applesauce: All Flavors    | 50 cal  |

|                               |         |
|-------------------------------|---------|
| <b>CHEESEBURGER</b>           | 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  |