



# LUNCH OCTOBER 2026

## Phillip O Brien Elementary

Polk County Public Schools

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

|   |                                                                                                                |         |
|---|----------------------------------------------------------------------------------------------------------------|---------|
| 5 |  Cheese Pizza                 | 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             |         |

|                                                                                   |                              |         |
|-----------------------------------------------------------------------------------|------------------------------|---------|
| 6                                                                                 | <b>Chicken and Waffles E</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  |

|                                                                                   |                                   |         |
|-----------------------------------------------------------------------------------|-----------------------------------|---------|
| 7                                                                                 | <b>Orange Chicken</b>             | 113 cal |
|  | <b>Fortune Cookie</b>             |         |
|  | <b>Rice</b>                       | 108 cal |
|  | <b>Pizza Salad</b>                | 18 cal  |
|  | <b>String Cheese, Mozzarella</b>  |         |
|  | <b>Colby Jack Cheese Stick</b>    |         |
|  | <b>Pretzel Goldfish Crackers</b>  | 90 cal  |
|  | <b>Fruit &amp; Yogurt Parfait</b> | 244 cal |
|  | <b>Broccoli</b>                   |         |
|  | <b>Fresh Veggie Blend #2</b>      |         |
|  | <b>Red Apple Slices</b>           |         |

|                                                                                   |                            |         |
|-----------------------------------------------------------------------------------|----------------------------|---------|
| 1                                                                                 | <b>Chile Verde Chicken</b> |         |
|  | 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               | 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  |

|   |                                                                                                                        |         |
|---|------------------------------------------------------------------------------------------------------------------------|---------|
| 2 |  <b>Meat Lover's Rolled Stromboli</b> | 310 cal |
|   |  <b>Garlic French Bread Pizza</b>     | 356 cal |
|   |  <b>Marinara Dip Cup</b>             | 40 cal  |
|   |  <b>Chicken Caesar Salad</b>        | 151 cal |
|   |  <b>Peanut Butter Cup</b>           | 180 cal |
|   |  <b>Colby Jack Cheese Stick</b>     |         |
|   |  <b>String Cheese, Mozzarella</b>   |         |
|   |  <b>WG Mini Flatbread</b>           |         |
|   |  <b>Belly Bear Grahams</b>          | 130 cal |
|   |  <b>Fresh Veggie Blend #2</b>       |         |
|   |  <b>Green Beans</b>                 |         |
|   |  <b>Red Apple Slices</b>            |         |
|   |  <b>Carnival Cloud Fruit Salad</b>  | 88 cal  |

|    |                                                                                                                   |         |
|----|-------------------------------------------------------------------------------------------------------------------|---------|
| 13 |  Circus BBQ Pulled Pork          | 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  |

|    |                                                                                                              |         |
|----|--------------------------------------------------------------------------------------------------------------|---------|
| 14 |  Acrobat Alfredo            | 287 cal |
|    |  Penne Pasta                |         |
|    |  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             |         |

|    |                                                                                                                     |         |
|----|---------------------------------------------------------------------------------------------------------------------|---------|
| 15 |  <b>Smashburger</b>                | 305 cal |
|    |  <b>Fruit Salad</b>                |         |
|    |  <b>Turkey Pepperoni Slices</b>    | 32 cal  |
|    |  <b>Shredded Mozzarella Cheese</b> |         |
|    |  <b>Foccacia Flatbread</b>         | 300 cal |
|    |  <b>Marinara Dip Cup</b>          | 40 cal  |
|    |  <b>Whole Grain Onion Rings</b>  | 180 cal |
|    |  <b>French Fries</b>             | 150 cal |
|    |  <b>Romaine and Tomato</b>       | 13 cal  |
|    |  <b>Rainbow Johnny Pops</b>      | 12 cal  |
|    |  <b>Applesauce</b>               |         |

No menu published

|    |                                                                                                                         |         |
|----|-------------------------------------------------------------------------------------------------------------------------|---------|
| 19 |  <b>Ranchero Pizza</b>               | 332 cal |
|    |  <b>Cheese Pizza</b>                 | 310 cal |
|    |  <b>Turkey Pepperoni Pizza</b>       | 310 cal |
|    |  <b>Breaded Chicken Caesar Salad</b> | 266 cal |
|    |  <b>Peanut Butter Cup</b>            | 180 cal |
|    |  <b>WG Mini Flatbread</b>            |         |
|    |  <b>Belly Bear Grahams</b>           | 130 cal |
|    |  <b>Colby Jack Cheese Stick</b>      |         |
|    |  <b>String Cheese, Mozzarella</b>    |         |
|    |  <b>Broccoli</b>                     |         |
|    |  <b>Fresh Veggie Blend #2</b>        |         |
|    |  <b>Red Apple Slices</b>             |         |

|    |                                                                                                                                     |         |
|----|-------------------------------------------------------------------------------------------------------------------------------------|---------|
| 20 |  <b>Mini Chicken Nuggets</b>                     | 270 cal |
|    |  <b>Hot Rolls</b>                                | 80 cal  |
|    |  <b>Turkey Ham &amp; Cheese Brioche Sandwich</b> | 345 cal |
|    |  <b>Chef Salad</b>                               | 167 cal |
|    |  <b>Baked Beans</b>                              | 28 cal  |
|    |  <b>Garden Salad</b>                             | 15 cal  |
|    |  <b>Applesauce: All Flavors</b>                  | 50 cal  |

|                                                                                     |                                                    |
|-------------------------------------------------------------------------------------|----------------------------------------------------|
| 21                                                                                  |                                                    |
|  | <b>Mini Chicken Corn Dogs</b> 260 cal              |
|  | <b>Pizza Salad</b> 18 cal                          |
|  | <b>Mango Pineapple Yogurt Smoothie</b> 164 cal     |
|  | <b>Cool Cow Strawberry Banana Smoothie</b> 120 cal |
|  | <b>Colby Jack Cheese Stick</b>                     |
|  | <b>String Cheese, Mozzarella</b>                   |
|  | <b>Cheddar Goldfish Crackers</b> 100 cal           |
|  | <b>Oatmeal Chocolate Chip Bar</b> 140 cal          |
|  | <b>Corn</b>                                        |
|  | <b>Cucumber Coins</b>                              |
|  | <b>Red Apple Slices</b>                            |

|    |                                                                                                                                    |         |
|----|------------------------------------------------------------------------------------------------------------------------------------|---------|
| 22 |  <b>Shepherd's Pie Beef</b>                     | 89 cal  |
|    |  <b>Garlic Knot</b>                             | 180 cal |
|    |  <b>Homestyle Mashed Potatoes</b>               | 140 cal |
|    |  <b>Shredded Mild Cheddar Cheese</b>            | 110 cal |
|    |  <b>PBJ Uncrustable Grape</b>                   | 300 cal |
|    |  <b>Smucker's Peanut Butter &amp; Chocolate</b> | 300 cal |
|    |  <b>Buffalo Chicken Chopped Salad</b>           | 144 cal |
|    |  <b>Steamed Peas and Carrots</b>                | 50 cal  |
|    |  <b>House Side Salad</b>                        | 67 cal  |
|    |  <b>Applesauce: All Flavors</b>                 | 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 | 180 cal |
|---------------------------------------------------------------------------------------|--------------------|---------|

Fresh Veggie Blend #3

Frozen Juice Cup

|    |                                                                                                                         |         |
|----|-------------------------------------------------------------------------------------------------------------------------|---------|
| 26 |  <b>Mini Cheese Calzones</b>         | 330 cal |
|    |  <b>Marinara Dip Cup</b>             | 40 cal  |
|    |  <b>Breaded Chicken Caesar Salad</b> | 266 cal |
|    |  <b>Peanut Butter Cup</b>            | 180 cal |
|    |  <b>String Cheese, Mozzarella</b>    |         |
|    |  <b>Belly Bear Grahams</b>           | 130 cal |
|    |  <b>WG Mini Flatbread</b>            |         |
|    |  <b>Colby Jack Cheese Stick</b>      |         |
|    |  <b>Broccoli</b>                     |         |
|    |  <b>Fresh Veggie Blend #2</b>        |         |
|    |  <b>Red Apple Slices</b>             |         |

|                                                                                                                                    |                                                                                                                                   |
|------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| 27                                                                                                                                 |  <b>Signature Beef Sloppy Joe Meat</b> 145 cal |
|  <b>Tortilla Chips</b>                          |                                                                                                                                   |
|  <b>Double Chocolate Brownie</b> 199 cal        |                                                                                                                                   |
|  <b>Turkey and Cheese Croissant E/M</b> 347 cal |                                                                                                                                   |
|  <b>Chef Salad</b> 167 cal                      |                                                                                                                                   |
|  <b>Steamed Carrots</b>                         |                                                                                                                                   |
|  <b>Garden Salad</b> 15 cal                     |                                                                                                                                   |
|  <b>Applesauce: All Flavors</b> 50 cal          |                                                                                                                                   |

|                                                                                     |                           |         |
|-------------------------------------------------------------------------------------|---------------------------|---------|
| 28                                                                                  |                           |         |
|  | <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          |         |

29

## 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  |

|    |                                                                                                                     |         |
|----|---------------------------------------------------------------------------------------------------------------------|---------|
| 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  |