



LUNCH OCTOBER 2026

Southwest Middle School

Polk County Public Schools



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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	

1	 Chicken Buffalo Macaroni and Cheese 442 cal
	Chicken Taco Salad 325 cal
	PBJ Uncrustable Grape 300 cal
	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

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 Grape	300 cal
	 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
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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 Sticks	
	 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 Grape	300 cal
	 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 Grape	300 cal
	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