



LUNCH OCTOBER 2026

Spessard Holland 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	Chicken and Waffles E	
	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		
	Orange Chicken	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	

1	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

2	 Cheeseburger	370 cal
	 Fish Fillet Sandwich	385 cal
	 Chopped Cobb Salad	
	 Focaccia 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
	 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

13	 Circus BBQ Pulled Pork	407 cal
	 Cookie	
	 Turkey and Cheese Croissant	347 cal
	E/M	
	 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		
	Smashburger	305 cal
	Fruit Salad	
	Turkey Pepperoni Slices	32 cal
	Shredded Mozzarella Cheese	
	Focaccia 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	

16	No menu published
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19		
	Ranchero Pizza	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	

20	
	Mini Chicken Nuggets 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

21	 Mini Chicken Corn Dogs	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	

22		
	Shepherd's Pie Beef	89 cal
	Garlic Knot	180 cal
	Homestyle Mashed Potatoes	140 cal
	Shredded Mild Cheddar Cheese	110 cal
	PBJ Uncrustable Grape	300 cal
	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

23	Chicken Patty Sandwich	
	Veggie Salad	
	Focaccia 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		
	Mini Cheese Calzones	330 cal
	Marinara Dip Cup	40 cal
	Breaded Chicken Caesar Salad	266 cal
	Peanut Butter Cup	180 cal
	String Cheese, Mozzarella	
	Belly Bear Grahams	130 cal
	WG Mini Flatbread	
	Colby Jack Cheese Stick	
	Broccoli	
	Fresh Veggie Blend #2	
	Red Apple Slices	

27	 Signature Beef Sloppy Joe Meat	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

28	
 Meatball Sub	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	
	 Focaccia 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