



LUNCH OCTOBER 2026

Wahneta 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 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

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

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
WG Mini Flatbread	
Belly Bear Grahams	130 cal
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