



LUNCH OCTOBER 2026

Winston Academy of Engineering

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 180 cal Peanut Butter Cup 130 cal Belly Bear Grahams 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 PBJ Uncrustable Grape 300 cal Chicken Taco Salad 322 cal House Side Salad 67 cal Parmesan Roasted Broccoli 27 cal Apple Slices	8 Meatball Marinara Elementary 124 cal Rotini Pasta Hot Rolls 80 cal PBJ Uncrustable Grape 300 cal Buffalo Chicken Chopped Salad 144 cal Roasted Zucchini 20 cal House Side Salad 67 cal Applesauce: All Flavors 50 cal	9 Hot Italian Sub 412 cal Veggie Salad Focaccia Flatbread 300 cal Turkey Pepperoni Slices 32 cal Shredded Mozzarella Cheese Marinara Dip Cup 40 cal Sweet Potato Fries 160 cal Fresh Veggie Blend #3 Red Apple Slices
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 130 cal Belly Bear Grahams 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	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
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	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
			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

Menu data from Polk County Public Schools, drawn by schoolmenuapp.com. Menu subject to change.
Calories are per serving, as Polk County Public Schools publishes them.

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