



LUNCH OCTOBER 2026

Winter Haven Senior High

Polk County Public Schools



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5 Cheese Pizza 310 cal Ranchero Pizza 332 cal Turkey Pepperoni Pizza 310 cal Buffalo Chicken Pizza 367 cal Supreme Pizza 321 cal Breaded Chicken Caesar Salad 321 cal Turkey and Cheese Croissant H 347 cal Belly Bear Grahams 130 cal Peanut Butter Cup 180 cal String Cheese, Mozzarella 28 cal WG Mini Flatbread 15 cal Corn 15 cal Cucumber Coins 15 cal Red Apple Slices 15 cal	6 Chicken and Waffles HS/Adult Chef Salad 223 cal Club Sub 356 cal Cheddar Goldfish Crackers 100 cal Cool Cow Strawberry Banana Smoothie 120 cal Mango Pineapple Yogurt Smoothie 164 cal Oatmeal Chocolate Chip Bar 140 cal String Cheese, Mozzarella 28 cal Baked Beans 28 cal Garden Salad 15 cal Applesauce: All Flavors 50 cal	7 Fortune Cookie Orange Chicken 150 cal Rice 108 cal Italian Wrap 355 cal Pizza Salad 185 cal Chocolate Granola 120 cal Cinnamon Granola 120 cal Fruit & Yogurt Parfait 244 cal Pretzel Goldfish Crackers 90 cal String Cheese, Mozzarella 28 cal Broccoli 15 cal Fresh Veggie Blend #2 15 cal Red Apple Slices 15 cal	8 Meatball Marinara High School 187 cal Rotini Pasta 80 cal Hot Rolls 80 cal Buffalo Chicken Chopped Salad 226 cal PBJ Uncrustable 80 cal Jack Link's Jerky 80 cal Banana Mini Muffin Loaf 160 cal Pretzel Goldfish Crackers 90 cal Roasted Zucchini 20 cal House Side Salad 67 cal Applesauce: All Flavors 50 cal	9 Mini Chicken Corn Dogs 260 cal Fish Fillet Sandwich 385 cal Turkey BLT Wrap 365 cal Chopped Cobb Salad 90 cal Strawberry Yogurt Cup 90 cal Vanilla Yogurt Cup 90 cal String Cheese, Mozzarella 28 cal Cinnamon Granola 120 cal Chocolate Granola 130 cal Banana Mini Muffin Loaf 160 cal Tater Tots 13 cal 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 Turkey and Cheese Croissant H 347 cal String Cheese, Mozzarella 28 cal Peanut Butter Cup 180 cal Belly Bear Grahams 130 cal WG Mini Flatbread 15 cal Green Beans 15 cal Fresh Veggie Blend #2 15 cal Red Apple Slices 15 cal Carnival Cloud Fruit Salad 88 cal	13 Circus BBQ Pulled Pork 407 cal Cookie 223 cal Turkey Ham & Cheese Brioche Sandwich 345 cal Marinara Dip Cup 40 cal Shredded Mozzarella Cheese 32 cal Turkey Pepperoni Slices 32 cal Focaccia Flatbread 300 cal California Blend 15 cal Garden Salad 15 cal Applesauce: All Flavors 50 cal	14 Acrobat Alfredo 287 cal Garlic Knot 180 cal Penne Pasta 325 cal Chicken Taco Salad 100 cal PBJ Uncrustable 100 cal Cheddar Goldfish Crackers 90 cal Cool Cow Strawberry Banana Smoothie 120 cal Mango Pineapple Yogurt Smoothie 164 cal Oatmeal Chocolate Chip Bar 140 cal String Cheese, Mozzarella 28 cal House Side Salad 67 cal Parmesan Roasted Broccoli 27 cal Apple Slices 15 cal	15 Smashburger 305 cal Buffalo Chicken Wrap 350 cal Fruit Salad 160 cal Banana Mini Muffin Loaf 160 cal Jack Link's Jerky 80 cal Pretzel Goldfish Crackers 90 cal French Fries 150 cal Romaine and Tomato 13 cal Whole Grain Onion Wings 180 cal Rainbow Johnny Pops 12 cal Applesauce 50 cal	16 No menu published
19 Mini Cheese Calzones 330 cal Marinara Dip Cup 40 cal Breaded Chicken Caesar Salad 321 cal Turkey and Cheese Croissant H 347 cal Belly Bear Grahams 130 cal Peanut Butter Cup 180 cal String Cheese, Mozzarella 28 cal WG Mini Flatbread 15 cal Broccoli 15 cal Fresh Veggie Blend #2 15 cal Red Apple Slices 15 cal	20 Boneless Chicken Wings 350 cal Hot Rolls 80 cal Chef Salad 223 cal Club Sub 356 cal Mango Pineapple Yogurt Smoothie 164 cal Cool Cow Strawberry Banana Smoothie 120 cal String Cheese, Mozzarella 28 cal Cheddar Goldfish Crackers 100 cal Oatmeal Chocolate Chip Bar 140 cal Curly Fries 90 cal Garden Salad 15 cal Applesauce: All Flavors 50 cal	21 Honey Pork BBQ Sandwich 410 cal Italian Wrap 355 cal Pizza Salad 185 cal Chocolate Granola 120 cal Cinnamon Granola 120 cal Fruit & Yogurt Parfait 244 cal Pretzel Goldfish Crackers 90 cal String Cheese, Mozzarella 28 cal Cucumber Coins 15 cal Baked Beans 28 cal Red Apple Slices 15 cal	22 Chicken Taco Meat 130 cal Celebration Cookie 140 cal Smucker's Peanut Butter & Chocolate 300 cal PBJ Uncrustable 80 cal Buffalo Chicken Chopped Salad 226 cal Jack Link's Jerky 80 cal Banana Mini Muffin Loaf 160 cal Pretzel Goldfish Crackers 90 cal House Side Salad 67 cal Fresh Green Beans 15 cal Applesauce: All Flavors 50 cal	23 Turkey BLT 395 cal Turkey BLT Wrap 365 cal Veggie Salad 40 cal Marinara Dip Cup 40 cal Shredded Mozzarella Cheese 32 cal Turkey Pepperoni Slices 32 cal Focaccia Flatbread 300 cal Sweet Potato Fries 160 cal Fresh Veggie Blend #3 15 cal Frozen Juice Cup 90 cal
26 Marinara Dip Cup 40 cal Pizza Crunchers 430 cal Breaded Chicken Caesar Salad 321 cal Turkey and Cheese Croissant H 347 cal Peanut Butter Cup 180 cal WG Mini Flatbread 15 cal Belly Bear Grahams 130 cal String Cheese, Mozzarella 28 cal Broccoli 15 cal Fresh Veggie Blend #2 15 cal Red Apple Slices 15 cal	27 Chile Verde Chicken Cilantro Lime Rice 199 cal Double Chocolate Brownie 223 cal Turkey Ham & Cheese Brioche Sandwich 345 cal Chef Salad 223 cal Marinara Dip Cup 40 cal Shredded Mozzarella Cheese 32 cal Focaccia Flatbread 300 cal Turkey Pepperoni Slices 32 cal Seasoned Black Beans 214 cal Garden Salad 15 cal Applesauce: All Flavors 50 cal	28 Hot Italian Sub 412 cal Buffalo Chicken Wrap 350 cal Fruit Salad 160 cal Mango Pineapple Yogurt Smoothie 164 cal Cool Cow Strawberry Banana Smoothie 120 cal String Cheese, Mozzarella 28 cal Cheddar Goldfish Crackers 100 cal Oatmeal Chocolate Chip Bar 140 cal Cucumber Coins 15 cal Green Beans 28 cal Red Apple Slices 15 cal	29 Chicken Buffalo Macaroni and Cheese 442 cal PBJ Uncrustable 80 cal Chicken Taco Salad 325 cal Jack Link's Jerky 80 cal Banana Mini Muffin Loaf 160 cal Pretzel Goldfish Crackers 90 cal Steamed Peas and Carrots 50 cal House Side Salad 67 cal Applesauce: All Flavors 50 cal	30 Mini Chicken Corn Dogs 260 cal Fish Fillet Sandwich 385 cal Turkey BLT Wrap 365 cal Chopped Cobb Salad 90 cal Strawberry Yogurt Cup 90 cal Vanilla Yogurt Cup 90 cal String Cheese, Mozzarella 28 cal Cinnamon Granola 120 cal Chocolate Granola 130 cal Banana Mini Muffin Loaf 160 cal Tater Tots 13 cal Romaine and Tomato 13 cal Orange Cream Frozen Juice Cup 90 cal

EVERY DAY

Colby Jack Cheese Stick

Menu subject to change.