

Coconut Palm Elementary

Lunch · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

5

- Macaroni and Cheese** 312 cal
- Turkey & Beef Pepperoni Stuffed Sandwich** 301 cal
- Hummus with Savory Herb Crackers** 402 cal
- Garlic Breadsticks** 110 cal
- Sweet Potato Crinkle Cut Fries** 169 cal
- Black Beans** 85 cal
- Mixed Fruit Cup** 80 cal

6

- Arroz con Pollo** 312 cal
- Latin Style Black Beans w/ Brown Rice** 85 cal
- Soft Tortilla** 91 cal
- Brown Rice** 111 cal
- Street Corn** 138 cal
- Tossed Salad, w/Grape Tomatoes & Carrots, Shredde** 17 cal
- Frozen Rips Strawberry Kiwi** 60 cal

7

- Boneless Chicken Wings** 215 cal
- Mini Waffles** 89 cal
- Tater Tots** 116 cal
- Steamed California Blend Vegetables** 71 cal
- Fresh Apple Slices** 29 cal

1

- Chicken Parmesan over Penne Pasta** 399 cal
- Chicken Caesar Wrap** 397 cal
- Hummus with Savory Herb Crackers** 402 cal
- Garlic Breadsticks** 110 cal
- Fresh Baby Carrots, Snack Pack** 23 cal
- Tossed Salad, w/Grape Tomatoes & Carrots, Shredde** 17 cal
- Fresh Apple Slices** 29 cal

2

- Garlic Cheese Pizza** 370 cal
- Vegan Bean & Green Chile Burrito** 290 cal
- Steamed California Blend Vegetables** 71 cal
- Steamed Broccoli** 49 cal
- Fruit Blend Juice** 90 cal

8

No menu published

9

No menu published

12

No menu published

13

- Chicken Popcorn** 255 cal
- Philly Cheese Steak Sub** 304 cal
- Latin Style Black Beans w/ Brown Rice** 85 cal
- Brown Rice** 111 cal
- Fresh Mini Sweet Peppers** 13 cal
- Potato Smiles** 130 cal
- Tater Tots** 116 cal
- Fresh Apple Slices** 29 cal
- Applesauce Cup** 50 cal

14

- Breaded Chicken Drumstick** 442 cal
- Honey BBQ Rib on Bun** 351 cal
- Hawaiian Roll** 129 cal
- Farm Fresh Corn Cobettes** 97 cal
- Steamed Spinach** 96 cal
- Fresh Apple Slices** 29 cal

15

- Cheese Tortellini** 199 cal
- Meat Sauce** 106 cal
- Plant-Based Fiesta Wrap w/ Hummus** 377 cal
- Munchies Munch Mix Snack Mix** 110 cal
- Tossed Salad, w/Grape Tomatoes & Carrots, Shredde** 17 cal
- Steamed California Blend Vegetables** 71 cal
- Fresh Apple Slices** 29 cal

16

- Pizza Crunchers** 436 cal
- Beef Hot Dog on Bun** 308 cal
- Vegan, Chik'n Nuggets w/ Crackers** 396 cal
- Baked Beans** 150 cal
- Fruit Blend Juice** 90 cal

19

- Chicken, Tangerine** 210 cal
- Turkey Ham & Cheese Melt** 306 cal
- Vegan, Chik'n Nuggets w/ Crackers** 396 cal
- Woodles Noodles** 138 cal
- Sweet Potato Wedges** 153 cal
- Mixed Vegetables** 30 cal
- Peach Cup** 70 cal

20

- Beef & Cheese Taco Crisp** 360 cal
- Vegan Bean & Green Chile Burrito** 290 cal
- Black Beans** 85 cal
- Strawberry Applesauce Cup** 70 cal

21

- Breaded Chicken Fillet on Bun** 344 cal
- Yogurt w/ Cheese & Crackers** 387 cal
- Potato Wedges** 144 cal
- Steamed Broccoli** 49 cal
- Fresh Sliced Orange** 66 cal

22

- Beef A Roni** 182 cal
- Grilled Cheese** 284 cal
- Vegan, Chik'n Nuggets w/ Crackers** 396 cal
- Garlic Breadsticks** 110 cal
- Tossed Salad, w/Grape Tomatoes & Carrots, Shredde** 17 cal
- Triple Berry Blast Veggie Edge** 60 cal
- Fresh Apple Slices** 29 cal

23

- Pull Apart Cheezy Beef Pepperoni Breadsticks** 271 cal
- Fish Patty on Bun** 319 cal
- Vegan Hummus and w/ Tortilla Round** 370 cal
- Fresh Sliced Cucumbers** 11 cal
- Sweet Potato Crinkle Cut Fries** 169 cal
- Fruit Blend Juice** 90 cal

26

- Chicken Teriyaki** 245 cal
- Vegan, Chik'n Nuggets** 280 cal
- Korean BBQ Shredded Chicken on Bun** 341 cal
- Vegetable Egg Roll** 140 cal
- Lo Mein** 133 cal
- Roasted Farm Fresh Green Beans** 40 cal
- Mixed Vegetables** 30 cal
- Frozen Whole Fruit Cup** 77 cal

27

- Mexican Pizza** 351 cal
- Breaded Mozzarella Cheese Sticks** 390 cal
- Latin Style Black Beans w/ Brown Rice** 85 cal
- Brown Rice** 111 cal
- Sweet Potato Wedges** 153 cal
- Tossed Salad, w/Grape Tomatoes & Carrots, Shredde** 17 cal
- Applesauce Cup** 50 cal

28

- Cheeseburger on Bun** 404 cal
- Baked Corndog** 243 cal
- Potato, Cajun Seasoned French Fries** 104 cal
- Baked Beans** 150 cal
- Fresh Banana (Ripe)** 161 cal

29

- Chicken Parmesan over Penne Pasta** 388 cal
- Hummus with Savory Herb Crackers** 402 cal
- Fresh Baby Carrots, Snack Pack** 23 cal
- Tossed Salad, w/Grape Tomatoes & Carrots, Shredde** 17 cal
- Smooth-Frozen SideKicks Theme Celebrations** 75 cal
- Fresh Apple Slices** 29 cal

30

- Garlic Cheese Pizza** 370 cal
- Yogurt w/ Cheese & Crackers** 387 cal
- Vegan Bean & Green Chile Burrito** 290 cal
- Steamed California Blend Vegetables** 71 cal
- Steamed Broccoli** 49 cal
- Fruit Blend Juice** 90 cal

Served every day

Milk