

Palm Lake Elementary School

Lunch · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

- 5**
- Popcorn Chicken** 203 cal
 - Breaded Chicken Nuggets 330 cal
 - PBJ, 2.6 oz & Cheese 380 cal
 - Breaded Chicken Tenders, K-8 280 cal
 - Potatoes, Mashed 70 cal
 - Peas & Carrots 103 cal
 - Strawberry Kiwi Juice 60 cal
 - Fruit Juice Blend 60 cal
 - Apple Juice 60 cal
 - Orange Juice 60 cal

- 6**
- Turkey Barbacoa Birria Soft Tacos w/shredded cheese** 391 cal
 - Turkey Barbacoa 414 cal
 - Birria Nachos w/shredded cheese 25 cal
 - Yogurt, Cheese, w/ Banana Bread Plate 430 cal
 - Two Soft Turkey Tacos w/ Cheese 248 cal
 - Pinto Beans, 1/2 cup 163 cal
 - Salsa Dipping Cup 25 cal
 - Pinto Beans 163 cal
 - Peach Cup 90 cal
 - Strawberry Cup 80 cal
 - Mixed Berry Fruit Cup 90 cal

- 7**
- Grilled Cheese Sandwich** 309 cal
 - Buttermilk Pancakes w/ Turkey Sausage 300 cal
 - Egg, Muffin, Cheese, & Apples Box 420 cal
 - Tater Tots 113 cal
 - Coleslaw 130 cal
 - Fresh Tangerine 40 cal
 - Fresh Apple Slices 30 cal
 - Red Delicious Apple 75 cal

- 8**
- Mac and Cheese** 372 cal
 - Spaghetti w/ Meatballs 394 cal
 - Grilled Chicken Breast Salad 196 cal
 - Popcorn Chicken with Mac and Cheese 474 cal
 - Spaghetti & Meatballs with Garlic Bread Stick 378 cal
 - Garlic Spinach 94 cal
 - Garden Side Salad 16 cal
 - Strawberry Kiwi Juice 60 cal
 - Fruit Juice Blend 60 cal
 - Apple Juice 60 cal
 - Orange Juice 60 cal

- 9**
- Four Cheese Pizza Wedge** 330 cal
 - Breaded Mozzarella Sticks 411 cal
 - Bento Box w/Pepperoni, Cheese, Marinara, Flatbread 476 cal
 - Four Cheese Pepperoni Pizza, WW 363 cal
 - Harvest Treats Veg Juice 50 cal
 - Harvest Treats Veg Juice - SD 50 cal
 - Fresh Tangerine 40 cal
 - Fresh Apple Slices 30 cal
 - Red Delicious Apple 75 cal
 - Strawberry Cup 80 cal
 - Mixed Berry Fruit Cup 90 cal
 - Applesauce 4-5 oz 60 cal

No menu published

- 13**
- Herb Roasted Chicken Thigh** 344 cal
 - Yogurt & Cheese w/Crackers Cool Pack 390 cal
 - Sweet Brazilian Bun 170 cal
 - Sweet Plantain Slices 262 cal
 - Applesauce, Strawberry 4-5 oz 50 cal
 - Fresh Red Apple 77 cal

- 14**
- Hamburger, 2.0 oz** 304 cal
 - Cheeseburger 339 cal
 - PBJ Sandwich Box 480 cal
 - Vegetarian Baked Beans 192 cal
 - 24 Hour Zesty Pickles 41 cal
 - Fresh Apple Slices 30 cal

- 15**
- Asian Teriyaki Chicken** 180 cal
 - Popcorn Chicken Salad 274 cal
 - Brown Rice 109 cal
 - Steamed Broccoli 27 cal
 - Apple Juice 60 cal

- 16**
- PizzaBoli** 309 cal
 - Garden Side Salad 31 cal
 - Red Delicious Apple 75 cal

- 19**
- Calzone, Cheeseburger** 310 cal
 - Yogurt, Cheese and Banana Bread Plate 430 cal
 - Salsa Dipping Cup 25 cal
 - Baby Carrots w/Ranch 75 cal
 - Fruit Juice Blend 60 cal

- 20**
- Cuban Style Mojo Pork** 205 cal
 - PBJ, 2.6 oz & Cheese 380 cal
 - Seasoned Brown Rice, 1/2 cup 166 cal
 - Pinto Beans, 1/2 cup 163 cal
 - Sweet Plantain Slices 262 cal
 - Pinto Beans 163 cal
 - Diced Pear Cup 70 cal

- 21**
- Scrambled Eggs with Cheese & French Toast Platter** 320 cal
 - Egg, Muffin, Cheese, & Apples Box 420 cal
 - Garlic Spinach 94 cal
 - Harvest Treats Veg Juice 50 cal
 - Harvest Treats Veg Juice - SD 50 cal
 - Fresh Apple Slices 30 cal

- 22**
- Breaded Chicken Breast Tenders** 230 cal
 - Potatoes, Mashed 48 cal
 - Garden Side Salad 31 cal
 - Apple Juice 60 cal

- 23**
- Four Cheese Pizza Slice** 330 cal
 - Sandwich, Turkey & American Croissant 301 cal
 - Italian Blend Vegetables 71 cal
 - Mixed Berry Fruit Cup 90 cal

- 26**
- Crispy Chorizo Quesadilla** 360 cal
 - PBJ Sandwich Box 480 cal
 - Emoji Fries 130 cal
 - Salsa Dipping Cup 25 cal
 - Fruit Juice Blend 60 cal

- 27**
- Tangerine Chicken** 219 cal
 - Brown Rice 109 cal

- 28**
- Garlic French Bread Cheese Pizza** 383 cal
 - Turkey & American Sub 311 cal
 - Broccoli Dippers w/Ranch Dressing 60 cal
 - Fresh Apple Slices 30 cal

- 29**
- Butterball Turkey Hot Dog on WG Bun** 270 cal
 - Vegetarian Baked Beans 192 cal
 - Coleslaw 130 cal
 - Apple Juice 60 cal

- 30**
- Seasonal Shaped Nuggets** 180 cal
 - Steamed Corn, 1/2 cup 108 cal
 - Garden Side Salad 31 cal
 - Fresh Apple Slices 30 cal

Served every day

Assorted Milk