

Palm Lake Elementary School

Supper · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

5

 **Chicken Corn Dog** 250 cal

 Steamed Broccoli 83 cal

 Diced Pear Cup 70 cal

6

 **Breaded Chicken Tenders, K-8** 280 cal

 Seasoned Crispy Fries 81 cal

 Fresh Apple Slices 30 cal

7

 **Chicken Wings, 4 each** 418 cal

 Sweet Brazilian Bun 170 cal

 Steamed Carrots 69 cal

 Banana, fresh 146 cal

8

 **Stuffed Cheesy Breadstick** 300 cal

 Fresh Tangerine 40 cal

9

 **Hamburger, 2.0 oz** 304 cal

 Cheeseburger 339 cal

 Turkey & American Sub 311 cal

 Tater Tots 113 cal

 Mandarin Carrot Slaw 67 cal

 Carrot Dippers with Ranch Dressing 81 cal

 Pineapple, Wedges 30 cal

 Frozen Fresh Tangerine 40 cal

 Red Delicious Apple 75 cal

 Fresh Apple Slices 30 cal

 Peach Cup 90 cal

 Strawberry Cup 80 cal

 Mixed Berry Fruit Cup 90 cal

12

No menu published

13

 **Breaded Chicken Tenders, K-8** 230 cal

 Tater Tots 113 cal

 Fresh Apple Slices 30 cal

14

 **Breaded Mozzarella Sticks** 400 cal

 Fresh Apple Slices 30 cal

15

 **Turkey Sausage & Cheese on Croissant** 321 cal

 Baby Carrots w/Ranch 75 cal

 Red Delicious Apple 75 cal

16

 **Four Cheese Pizza Slice** 330 cal

 Fresh Steamed Broccoli 54 cal

 Orange Wedges 76 cal

19

 **Chicken Nuggets with Sweet Brazilian Bun** 437 cal

 Green Beans 49 cal

 Applesauce 4.5 oz 60 cal

20

 **Cheese Pizza Rippers** 260 cal

 Fruit Juice Blend 60 cal

21

 **Chicken Corn Dog** 250 cal

 Broccoli Dippers w/Ranch Dressing 60 cal

 Red Delicious Apple 75 cal

22

 **Popcorn Chicken** 261 cal

 Sweet Waffle Potato 150 cal

 Fresh Apple Slices 30 cal

23

 **Butterball Turkey Hot Dog on WG Bun** 270 cal

 Tater Tots 113 cal

 Strawberry Cup 80 cal

26

 **Breaded Chicken Tenders, K-8** 230 cal

 Tater Tots 113 cal

 Diced Pear Cup 70 cal

27

 **Hamburger, 2.0 oz** 304 cal

 Cheeseburger 339 cal

 Sweet Waffle Potato 150 cal

 Red Delicious Apple 75 cal

28

 **Chicken Wings, 4 each** 418 cal

 Sweet Brazilian Bun 170 cal

 Broccoli Dippers w/Ranch Dressing 60 cal

 Red Delicious Apple 75 cal

29

 **Stuffed Cheesy Breadstick** 300 cal

 Fresh Apple Slices 30 cal

30

 **Popcorn Chicken** 261 cal

 Seasoned Crispy Fries 81 cal

 Peach Cup 90 cal

Served every day

 Assorted Milk