



SUPPER OCTOBER 2026

Bak Middle SOA

Palm Beach County Public Schools

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

- Galaxy Pizza (WG) 280 cal
- Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
- or
- PB & Chocolate Sandwich with Cheese Stick (WG) 300 cal
- Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal
- 100% Vegetable Blend Juice 60 cal
- Apple Slices 29 cal

2

- Mini Taco Wedges (WG) 260 cal
- Turkey Ham & Cheese Lunch Kit (WG) 380 cal
- Fresh Grape Tomatoes served with Ranch Dressing 10 cal
- 100% Fruit Juice 48 cal

5

- Chips and Dip (WG) 376 cal
- offered with Salsa 25 cal
- Ham & Cheese Croissant (WG) 326 cal
- Fresh Baby Carrots 20 cal
- Ranch Dressing 60 cal
- Dried Fruit 114 cal

6

- Mini Pizza Triangles (WG) 270 cal
- Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
- or
- PB & Chocolate Sandwich with Cheese Stick (WG) 300 cal
- Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal
- 100% Vegetable Blend Juice 48 cal
- Assorted Apple Sauce 53 cal

7

- Chicken Egg Rolls (WG) 300 cal
- Mini Loaf Combo (WG) 365 cal
- Fresh Cucumber Slices 14 cal
- offered with Ranch Dressing 60 cal
- Assorted Fruit Cups 73 cal

8

- Pizza Quesadilla (WG) 300 cal
- Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
- or
- PB & Chocolate Sandwich with Cheese Stick (WG) 300 cal
- Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal
- 100% Vegetable Blend Juice 60 cal
- Apple Slices 29 cal

9

- Tostada Bowl Beef & Cheese (WG) 278 cal
- Turkey & Cheese Lunch Kit (WG) 380 cal
- Fresh Baby Carrots 20 cal
- offered with Ranch Dressing 60 cal
- 100% Fruit Juice 48 cal

12

No menu published

13

- Cheeseburger (WG) 355 cal
- Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
- or
- PB & Chocolate Sandwich with Cheese Stick (WG) 300 cal
- Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal
- 100% Vegetable Blend Juice 48 cal
- Assorted Apple Sauce 53 cal

14

- Chips and Dip (WG) 376 cal
- offered with Salsa 25 cal
- Mini Loaf Combo (WG) 365 cal
- Fresh Cucumber Slices 14 cal
- Ranch Dressing 60 cal
- Assorted Fruit Cups 73 cal

15

- Mini Corndogs (WG) 275 cal
- Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
- or
- PB & Chocolate Sandwich with Cheese Stick (WG) 300 cal
- Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal
- 100% Vegetable Blend Juice 60 cal
- Apple Slices 29 cal

16

- Cheese Stuffed Bosco Breadsticks (WG) 300 cal
- offered with Marinara Dipping Cup 40 cal
- Turkey & Cheese Lunch Kit (WG) 380 cal
- Fresh Baby Carrots 20 cal
- Ranch Dressing 60 cal
- 100% Fruit Juice 48 cal

19

- Mini Cheese Pizza Bagels (WG) 259 cal
- Turkey & Cheese Croissant (WG) 301 cal
- Fresh Baby Carrots 20 cal
- offered with Ranch Dressing 60 cal
- Dried Fruit 114 cal

20

- Hot Dog (WG) 309 cal
- Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
- or
- PB & Chocolate Sandwich with Cheese Stick (WG) 300 cal
- Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal
- 100% Vegetable Blend Juice 48 cal
- Assorted Apple Sauce 53 cal

21

- Chicken & Cheese Taco CrispUps (WG) 354 cal
- Mini Loaf Combo 365 cal
- Celery Sticks 10 cal
- served with Peanut Butter Cup 180 cal
- Assorted Fruit Cups 73 cal

22

- Galaxy Pizza (WG) 280 cal
- Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
- or
- PB & Chocolate Sandwich with Cheese Stick (WG) 300 cal
- Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal
- 100% Vegetable Blend Juice 60 cal
- Apple Slices 29 cal

23

- Mini Taco Wedges (WG) 260 cal
- Turkey Ham & Cheese Lunch Kit (WG) 380 cal
- Fresh Grape Tomatoes served with Ranch Dressing 10 cal
- 100% Fruit Juice 48 cal

26

- Chips and Dip (WG) 376 cal
- offered with Salsa 25 cal
- Ham & Cheese Croissant (WG) 326 cal
- Fresh Baby Carrots 20 cal
- Ranch Dressing 60 cal
- Dried Fruit 114 cal

27

- Mini Pizza Triangles (WG) 270 cal
- Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
- or
- PB & Chocolate Sandwich with Cheese Stick (WG) 300 cal
- Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal
- 100% Vegetable Blend Juice 48 cal
- Assorted Apple Sauce 53 cal

28

- Chicken Egg Rolls (WG) 300 cal
- Mini Loaf Combo (WG) 365 cal
- Fresh Cucumber Slices 14 cal
- offered with Ranch Dressing 60 cal
- Assorted Fruit Cups 73 cal

29

- Pizza Quesadilla (WG) 300 cal
- Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
- or
- PB & Chocolate Sandwich with Cheese Stick (WG) 300 cal
- Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal
- 100% Vegetable Blend Juice 60 cal
- Apple Slices 29 cal

30

- Tostada Bowl Beef & Cheese (WG) 278 cal
- Turkey & Cheese Lunch Kit (WG) 380 cal
- Fresh Baby Carrots 20 cal
- offered with Ranch Dressing 60 cal
- 100% Fruit Juice 48 cal

EVERY DAY

- Assorted Milk

Menu subject to change.