



Palm Beach County Public Schools

Ben Gamla Charter School

Afterschool Snack · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

Cheddar Goldfish Crackers 100 cal
Assorted Milk 121 cal
or
Assorted Whole Fresh Fruit 101 cal

Simply Chex Crackers 120 cal
Assorted Milk 121 cal
or
Assorted Whole Fresh Fruit 101 cal

Baked Cheetos OR Funyuns 111 cal
100% Fruit Juice 90 cal

Assorted Graham Snacks 120 cal
Assorted Milk 121 cal
or
Assorted Whole Fresh Fruit 101 cal

Assorted Doritos Tortilla Chips 130 cal
100% Fruit Juice 90 cal

No menu published

Mini Blueberry Vanilla Crackers 130 cal
Assorted Milk 121 cal
or
Assorted Whole Fresh Fruit 101 cal

Goldfish Honey Bun Graham Crackers 130 cal
100% Fruit Juice 90 cal

Cocoa Puffs Cereal 120 cal
Assorted Milk 121 cal
or
Assorted Whole Fresh Fruit 101 cal

Teddy Grahams 90 cal
Assorted Milk 121 cal
or
Assorted Whole Fresh Fruit 101 cal

Cheez-It Crackers 101 cal
Assorted Milk 121 cal
or
Assorted Whole Fresh Fruit 101 cal

Pretzel Goldfish Crackers 90 cal
100% Fruit Juice 90 cal

Baked Cheetos OR Funyuns 111 cal
Assorted Milk 121 cal
or
Assorted Whole Fresh Fruit 101 cal

Pringles Mingles Assorted 100 cal
100% Fruit Juice 90 cal

Assorted Doritos Tortilla Chips 130 cal
Assorted Milk 121 cal
or
Assorted Whole Fresh Fruit 101 cal

Lucky Charms Cereal 110 cal
Assorted Milk 121 cal
or
Assorted Whole Fresh Fruit 101 cal

Baked Cheetos OR Funyuns 111 cal
100% Fruit Juice 90 cal

Teddy Grahams 90 cal
Assorted Milk 121 cal
or
Assorted Whole Fresh Fruit 101 cal

Sour Cream & Cheddar Crunchmaster Crackers 90 cal
100% Fruit Juice 90 cal

Mini Blueberry Vanilla Crackers 130 cal
Assorted Milk 121 cal
or
Assorted Whole Fresh Fruit 101 cal

Served every day

served with

Menu data from Palm Beach County Public Schools, drawn by schoolmenuapp.com. Menu subject to change. Calories are per serving, as Palm Beach County Public Schools publishes them.

nutrislice