



Palm Beach County Public Schools

Ben Gamla Charter School

Lunch · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

Mini Cheese Calzones 320 cal
Sweet Potato Waffle Fries 183 cal

Breaded Mozzarella Cheese Sticks 407 cal
offered with
Marinara Dipping Cup 40 cal
Chocolate Chip Muffin Platter 417 cal
Seasoned Black Beans 142 cal

Macaroni and Cheese 350 cal
offered with
Dinner Roll 80 cal
Garden Salad with Egg & Cheese 142 cal
Croutons 284 cal
Broccoli 38 cal

Cheese Pizza Crunchers 440 cal
Potato Sticks 100 cal

Wild Mike's Cheesy Bites 281 cal
offered with
Marinara Dipping Cup 40 cal
Blueberry Muffin Platter 424 cal
Corn 80 cal

No menu published

Egg Salad on Lettuce Bed 368 cal
offered with
Wheat Crackers 181 cal
Corn & Bean Salsa 156 cal
Fresh Cucumber Slices 14 cal

Yogurt & Cheese Cube Platter 400 cal
Romaine Salad 11 cal
Fresh Baby Carrots 20 cal

Boiled Egg and Cheese Platter 363 cal
Corn & Bean Salsa 156 cal
Fresh Cucumber Slices 14 cal

Banana Muffin Platter 387 cal
Romaine Salad 11 cal
Fresh Baby Carrots 20 cal

Dutch Apple Yogurt Kit 610 cal
Romaine Salad 11 cal
Fresh Baby Carrots 20 cal

Chocolate Chip Muffin Platter 417 cal
Corn & Bean Salsa 156 cal
Fresh Cucumber Slices 14 cal

Strawberry Yogurt Parfait 164 cal
offered with
Mini Graham Bite Chortles 110 cal
Romaine Salad 11 cal
Fresh Baby Carrots 20 cal

Chips and Dip 483 cal
offered with
Salsa 25 cal
Corn & Bean Salsa 156 cal
Fresh Cucumber Slices 14 cal

Chocolate Chip Muffin Platter 417 cal
Pickle 4 cal
Romaine Salad 11 cal
Fresh Baby Carrots 20 cal

Peach Yogurt Platter with Granola 400 cal
Romaine Salad 11 cal
Fresh Baby Carrots 20 cal

Blueberry Muffin Platter 424 cal
Corn & Bean Salsa 156 cal
Fresh Cucumber Slices 14 cal

Garden Salad with Cheese Cubes 109 cal
offered with
Croutons 284 cal
Romaine Salad 11 cal
Fresh Baby Carrots 20 cal

Boiled Egg and Cheese Platter 363 cal
Corn & Bean Salsa 156 cal
Fresh Cucumber Slices 14 cal

Blueberry Muffin Platter 424 cal
Romaine Salad 11 cal
Fresh Baby Carrots 20 cal
Frozen Italian Ice 90 cal

Served every day

Grape Soybutter Sandwich Platter · **Cheese Sandwich**

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.

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