



LUNCH OCTOBER 2026

Benoist Farms Elementary

Palm Beach County Public Schools



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5	Chicken Patty Sandwich	351 cal
	Hot Dog	309 cal
	offered with Relish	15 cal
	PB&J Grape Sandwich Platter	461 cal
	Grape Soybuter Sandwich Platter	450 cal
	Sweet Potato Waffle Fries	183 cal

6	Walking Taco	367 cal
	offered with	
	Salsa	25 cal
	and	
	Shredded Lettuce	14 cal
	Sour Cream	60 cal
	Taco Sauce	10 cal
	Breaded Mozzarella Cheese Sticks	407 cal
	Marinara Dipping Cup	40 cal
	Chocolate Chip Muffin Platter	417 cal
	Seasoned Black Beans	142 cal

7	 Orange Chicken	388 cal
	 offered with Rice with Veggies	241 cal
	 Macaroni and Cheese	350 cal
	 Dinner Roll	80 cal
	 Garden Salad with Egg & Cheese	142 cal
	 Croutons	284 cal
	 Broccoli	38 cal

1	 Hamburger	319 cal
	 or	
	 Cheeseburger	355 cal
	 Cheese Pizza Crunchers	440 cal
	 PBJ Grape Sandwich Platter	461 cal
	 Grape Soybuter Sandwich Platter	450 cal
	 Potato Sticks	100 cal
	 Pickle	4 cal

2	 Chicken and Waffle	530 cal
	 offered with	
	 Wild Mike's Cheesy Bites	281 cal
	 Marinara Dipping Cup	40 cal
	 Blueberry Muffin Platter	424 cal
	 Corn	80 cal

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No menu published

13	Chicken Soft Taco 397 cal
	offered with Black Beans & Rice 136 cal
	and Salsa 25 cal
	Shredded Lettuce 14 cal
	Hamburger 319 cal
	or
	Cheeseburger 355 cal
	Banana Muffin Platter 387 cal
	Yuca Fries 219 cal

14		
	It's Circus Ring Penne Pasta with Meatballs Today!	
	Penne Pasta with Meatballs offered with	391 cal
	Breadstick	110 cal
	It's Acrobat Breaded Mozzarella Cheese Sticks Today!	
	Breaded Mozzarella Cheese Sticks	407 cal
	Marinara Dipping Cup	40 cal
	Yogurt & Cheese Cube Platter	400 cal
	Green Beans	40 cal

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 It's Ringling Chicken & Vegetable Potstickers with Ramen Today! 427 cal

 It's Trapeze Deep Dish Cheese Pizza Today! 310 cal

 Deep Dish Cheese Pizza 461 cal

 PBJ Grape Sandwich Platter 450 cal

or

 Grape Soybutter Sandwich Platter 75 cal

 Asian Broccoli

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	It's Clown Car Chicken Nuggets Today!	
	Chicken Nuggets offered with	168 cal
	Brazilian Sweet Bread	100 cal
	It's Plant-Powered Clown Car Nuggets Today!	
	Plant Based Nuggets	214 cal
	It's Carnival Corn dog Today!	
	Corn dog	240 cal
	Banana Muffin Platter	387 cal
	Potato Sticks	100 cal

19	BBQ Pulled Pork	300 cal
	offered with Hushpuppies	150 cal
	Macaroni and Cheese	350 cal
	PBJ Grape Sandwich Platter or	461 cal
	Grape Soybuter Sandwich Platter	450 cal
	BBQ Baked Beans	205 cal

20	Beef Nachos w/Tortilla Chips	428 cal
Dill Chicken Bites	236 cal	
Dinner Roll	80 cal	
Chocolate Chip Muffin Platter	417 cal	
Sliced Sweet Plantains	280 cal	

21	 Beef and Broccoli Ramen Bowl 505 cal
	Cheese Pizza 310 cal
	Strawberry Yogurt Parfait 164 cal
	offered with
	Mini Graham Bite Chortles 110 cal
	Peas and Carrots 74 cal

22	 Chicken and Mashed Potato Bowl 420 cal
	 offered with
	 Classic Whole Grain Biscuit 159 cal
	 Grilled Cheese Sandwich 320 cal
	 PBJ Grape Sandwich Platter 461 cal
	 or
	 Grape Soybutter Sandwich Platter 450 cal
	 Corn 80 cal

23	 Chicken Patty Sandwich 351 cal
	 Breaded Mozzarella Cheese Sticks 407 cal
	offered with
	 Marinara Dipping Cup 40 cal
	 Chocolate Chip Muffin Platter 417 cal
	 Broccoli 38 cal
	 Pickle 4 cal

26	 Asian Chicken Bites	221 cal
	 offered with Dinner Roll	80 cal
	 Deep Dish Cheese Pizza	310 cal
	 PBJ Grape Sandwich Platter	461 cal
	or	
	 Grape Soybuter Sandwich Platter	450 cal
	 Green Peas	89 cal

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 **Kielbasa Sub**

 **Corn dog** 240 cal

 **Blueberry Muffin Platter** 424 cal

 **Seasoned Red Beans** 166 cal

28	 Pasta Penne with Meat Sauce 468 cal
	or
	Penne Pasta 262 cal
	offered with Breadstick 110 cal
	Chicken Tenders 292 cal
	Mini Mandarin Popcorn Chicken Salad 335 cal
	Croutons 142 cal
	Broccoli 38 cal

29	 Chicken Adobo	383 cal
	offered with Brown Rice	99 cal
	Wild Mike's Cheesy Bites	281 cal
	Marinara Dipping Cup	40 cal
	PB&J Grape Sandwich Platter	461 cal
	or	
	Grape Soybuter Sandwich Platter	450 cal
	Green Beans	40 cal

30	 Mini Twin Cheeseburgers	316 cal
	 Cheese Pizza	310 cal
	 Blueberry Muffin Platter	424 cal
	 Potato Smiles	131 cal
	 Frozen Italian Ice	90 cal