



PRE K LUNCH OCTOBER 2026

Benoist Farms Elementary

Palm Beach County Public Schools



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Hamburger 319 cal
or
 Cheeseburger 355 cal
 Potato Sticks 50 cal
 Assorted Fruit Cups 65 cal
 Assorted Apple Sauce 53 cal
 Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
 Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

2

Chicken Tenders 219 cal
 Corn 42 cal
 Fresh Fruit 72 cal
 Blueberry Muffin Combo 276 cal

5

Grilled Chicken Nuggets 102 cal
offered with
 Dinner Roll 80 cal
 Sweet Potato Fries 65 cal
 Fresh Fruit 72 cal
 Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
or
 Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

6

Breaded Mozzarella Cheese Sticks 328 cal
offered with
 Marinara Dipping Cup 40 cal
 Seasoned Black Beans 71 cal
 Assorted Fruit Cups 65 cal
or
 Assorted Apple Sauce 53 cal
 Chocolate Chip Mini Loaf Combo 280 cal

7

Macaroni and Cheese 350 cal
 Broccoli 19 cal
 Fresh Fruit 72 cal
 Turkey & Cheese Croissant Sandwich 187 cal

8

Potato and Cheese Pierogies 126 cal
 Tuscan Green Beans 24 cal
 Assorted Fruit Cups 65 cal
or
 Assorted Apple Sauce 53 cal
 Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
 Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

9

Cheese Pizza Crunchers 330 cal
 Potato Smiles 65 cal
 Fresh Fruit 72 cal
 Chocolate Chip Mini Loaf Combo 280 cal

12

No menu published

13

Pollo Asado 105 cal
offered with
 Black Beans & Rice 136 cal
 Yuca Fries 109 cal
 Assorted Fruit Cups 65 cal
or
 Assorted Apple Sauce 53 cal
 Banana Mini Loaf Combo 330 cal

14

Penne Pasta with Meatballs 244 cal
 Green Beans 21 cal
 Fresh Fruit 72 cal
 Turkey & Cheese Croissant Sandwich 187 cal

15

Mini Cheese Pizza Bagel 259 cal
 Peas & Carrots 37 cal
 Assorted Fruit Cups 73 cal
or
 Assorted Apple Sauce 53 cal
 Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
 Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

16

Chicken Nuggets 135 cal
 Potato Sticks 50 cal
 Fresh Fruit 72 cal
 Banana Mini Loaf Combo 330 cal

19

Macaroni and Cheese 350 cal
 BBQ Baked Beans 102 cal
 Fresh Fruit 72 cal
 Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
or
 Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

20

Dill Chicken Bites 142 cal
 Sliced Sweet Plantains 140 cal
 Assorted Fruit Cups 65 cal
or
 Assorted Apple Sauce 53 cal
 Chocolate Chip Mini Loaf Combo 280 cal

21

Cheese Pizza 310 cal
 Peas & Carrots 37 cal
 Fresh Fruit 72 cal
 Turkey & Cheese Croissant Sandwich 187 cal

22

Popcorn Chicken 240 cal
 Mashed Potatoes 60 cal
 Assorted Fruit Cups 65 cal
or
 Assorted Apple Sauce 53 cal
 Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
 Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

23

Chicken and Cheese Slider 252 cal
 Broccoli 19 cal
 Fresh Fruit 72 cal
 Chocolate Chip Mini Loaf Combo 280 cal

26

Asian Chicken Bites 166 cal
 Green Peas 45 cal
 Fresh Fruit 72 cal
 Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
or
 Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

27

Chicken Tenders 219 cal
 Seasoned Red Beans 83 cal
 Assorted Fruit Cups 65 cal
or
 Assorted Apple Sauce 53 cal
 Blueberry Muffin Combo 276 cal

28

Penne Pasta w/Meat Sauce & Cheese Stick 311 cal
 Broccoli 19 cal
 Fresh Fruit 72 cal
 Turkey & Cheese Croissant Sandwich 187 cal

29

Wild Mike's Cheesy Bites 211 cal
offered with
 Marinara Dipping Cup 40 cal
 Green Beans 21 cal
 Assorted Fruit Cups 65 cal
or
 Assorted Apple Sauce 53 cal
 Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
 Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

30

Mini Twin Cheeseburgers 316 cal
 Potato Smiles 65 cal
 Fresh Fruit 72 cal
 Blueberry Muffin Combo 276 cal

EVERY DAY

Assorted Unflavored Milk

Menu subject to change.