



HEAD START LUNCH OCTOBER 2026

Boca Raton Elementary

Palm Beach County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

**GRILLED CHICKEN
NUGGETS** 102 cal
offered with
Dinner Roll 80 cal
Sweet Potato Fries 65 cal
Fresh Fruit 72 cal

CHICKEN NUGGETS 135 cal
Seasoned Black Beans 71 cal
Assorted Fruit Cups 65 cal
or
Assorted Apple Sauce 53 cal

**MACARONI AND
CHEESE** 350 cal
Broccoli 19 cal
Fresh Fruit 72 cal

HAMBURGER 319 cal
or
Cheeseburger 355 cal
Potato Sticks 50 cal
Assorted Fruit Cups 65 cal
Assorted Apple Sauce 53 cal

CHICKEN TENDERS 219 cal
Corn 42 cal
Fresh Fruit 72 cal

No menu published

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

**PENNE PASTA WITH
MEATBALLS** 244 cal
Green Beans 21 cal
Fresh Fruit 72 cal

**MINI CHEESE PIZZA
BAGEL** 259 cal
Peas & Carrots 37 cal
Assorted Fruit Cups 73 cal
or
Assorted Apple Sauce 53 cal

CHICKEN NUGGETS 135 cal
Potato Sticks 50 cal
Fresh Fruit 72 cal

**MACARONI AND
CHEESE** 350 cal
BBQ Baked Beans 102 cal
Fresh Fruit 72 cal

**DILL CHICKEN
BITES** 142 cal
Sliced Sweet Plantains 140 cal
Assorted Fruit Cups 65 cal
or
Assorted Apple Sauce 53 cal

CHEESE PIZZA 310 cal
Peas & Carrots 37 cal
Fresh Fruit 72 cal

**POPCORN
CHICKEN** 240 cal
Mashed Potatoes 60 cal
Assorted Fruit Cups 65 cal
or
Assorted Apple Sauce 53 cal

**CHICKEN AND CHEESE
SLIDER** 252 cal
Broccoli 19 cal
Fresh Fruit 72 cal

**ASIAN CHICKEN
BITES** 166 cal
Green Peas 45 cal
Fresh Fruit 72 cal

**POPCORN
CHICKEN** 240 cal
Seasoned Red Beans 83 cal
Assorted Fruit Cups 65 cal
or
Assorted Apple Sauce 53 cal

**PENNE PASTA
W/MEAT SAUCE &
CHEESE STICK** 311 cal
Broccoli 19 cal
Fresh Fruit 72 cal

CHICKEN TENDERS 219 cal
Green Beans 21 cal
Assorted Fruit Cups 65 cal
or
Assorted Apple Sauce 53 cal

**MINI TWIN
CHEESEBURGERS** 316 cal
Potato Smiles 65 cal
Fresh Fruit 72 cal

Served every day:

Assorted Unflavored Milk

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