



LUNCH OCTOBER 2026

Boca - Somerset Academy Middle

Palm Beach County Public Schools

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

- 1**
- Hamburger 319 cal
 - Cheeseburger 355 cal
 - Cheese Pizza 440 cal
 - Crunchers 461 cal
 - PBJ Grape Sandwich 461 cal
 - Platter
 - Potato Sticks 100 cal
 - Pickle 4 cal
 - Popcorn Chicken 312 cal
 - Salad 142 cal
 - Croutons 217 cal
 - Cheesy Hotz Chicken Bites 80 cal
 - Dinner Roll

- 2**
- Chicken and Waffle 530 cal
 - Wild Mike's Cheesy Bites 281 cal
 - Marinara Dipping Cup 40 cal
 - Blueberry Muffin 424 cal
 - Platter
 - Corn 80 cal
 - Southern Hot Chicken and Waffle 564 cal

- 5**
- Chicken Patty Sandwich 351 cal
 - Hot Dog 309 cal
 - Relish 15 cal
 - PBJ Grape Sandwich 461 cal
 - Platter
 - Sweet Potato 183 cal
 - Waffle Fries
 - Italian Sub 416 cal

- 6**
- Walking Taco 367 cal
 - 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 417 cal
 - Platter
 - Seasoned Black Beans 142 cal
 - Grilled Chicken 199 cal
 - Salad
 - Croutons 284 cal
 - Sliced Jalapenos

- 7**
- Orange Chicken 388 cal
 - 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
 - Chicken Tender Wrap

- 8**
- Pierogies and Kielbasa 313 cal
 - Breadstick 110 cal
 - Chicken Nuggets 168 cal
 - Plant Based 214 cal
 - Nuggets
 - PBJ Grape Sandwich 461 cal
 - Platter
 - Tuscan Green Beans 48 cal
 - Buffalo Chicken 329 cal
 - Bites Salad
 - Croutons 142 cal
 - Wild Mike's Cheesy Bites 422 cal
 - Marinara Dipping Cup 40 cal

- 9**
- Mini Twin Cheeseburgers 316 cal
 - Cheese Pizza 440 cal
 - Crunchers
 - Chocolate Chip Muffin 417 cal
 - Platter
 - Potato Smiles 131 cal

12

No menu published

- 13**
- Chicken Soft Taco 397 cal
 - Black Beans & Rice 136 cal
 - and
 - Salsa 25 cal
 - Shredded Lettuce 14 cal
 - Hamburger 319 cal
 - Cheeseburger 355 cal
 - Banana Muffin 387 cal
 - Platter
 - Seasoned Black Beans 142 cal
 - Grilled Chicken Caesar Salad 158 cal
 - Croutons 284 cal
 - Caesar Dressing 340 cal
 - Sliced Jalapenos
 - Yuca Fries 219 cal

- 14**
- Penne Pasta with Meatballs 391 cal
 - Breadstick 110 cal
 - Breaded Mozzarella Cheese Sticks 407 cal
 - Marinara Dipping Cup 40 cal
 - Yogurt & Cheese Cube 400 cal
 - Platter
 - Green Beans 40 cal
 - Italian Sub 416 cal

- 15**
- Chicken & Vegetable Potstickers with Ramen 427 cal
 - Deep Dish Cheese Pizza 310 cal
 - PBJ Grape Sandwich 461 cal
 - Platter
 - Asian Broccoli 75 cal
 - Chicken Tenders 290 cal
 - Salad
 - Croutons 142 cal

- 16**
- Chicken Nuggets 168 cal
 - Brazilian Sweet Bread 100 cal
 - Plant Based 214 cal
 - Nuggets
 - Corndog 240 cal
 - Banana Muffin 387 cal
 - Platter
 - Potato Sticks 100 cal
 - Plant-Based 256 cal
 - Nuggets
 - Meat Trio Pizza Wedge 350 cal

- 19**
- BBQ Pulled Pork 300 cal
 - Hushpuppies 150 cal
 - Macaroni and Cheese 350 cal
 - PBJ Grape Sandwich 461 cal
 - Platter
 - BBQ Baked Beans 205 cal
 - Turkey and Cheese Sub 337 cal
 - Turkey and Cheese Wrap 367 cal

- 20**
- Beef Nachos w/Tortilla Chips 428 cal
 - Dill Chicken Bites 236 cal
 - Dinner Roll 80 cal
 - Chocolate Chip Muffin 417 cal
 - Platter
 - Sliced Sweet Plantains 280 cal
 - Popcorn Chicken 312 cal
 - Salad
 - Croutons 142 cal
 - Cheesy Hotz Chicken Bites 217 cal

- 21**
- Beef and Broccoli Ramen Bowl 505 cal
 - Individual Cheese Pizza 330 cal
 - Strawberry Yogurt Parfait 164 cal
 - Mini Graham Bite 110 cal
 - Chortles 74 cal
 - Peas and Carrots 466 cal
 - Nashville Hot Chicken Wrap
 - Cheese Stuffed Crust Wedge Pizza 309 cal
 - Pepperoni Stuffed Crust Wedge Pizza 310 cal

- 22**
- Chicken and Mashed Potato Bowl 420 cal
 - Classic Whole Grain Biscuit 159 cal
 - Grilled Cheese 320 cal
 - Sandwich
 - PBJ Grape Sandwich 461 cal
 - Platter
 - Corn 80 cal
 - Chef Salad with Turkey and Egg 208 cal
 - Croutons 284 cal
 - Meat Lovers 310 cal
 - Stromboli
 - Marinara Dipping Cup 40 cal

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

- 26**
- Asian Chicken Bites 221 cal
 - Dinner Roll 80 cal
 - Deep Dish Cheese Pizza 310 cal
 - PBJ Grape Sandwich 461 cal
 - Platter
 - Green Peas 89 cal
 - Italian Sub 416 cal
 - Spicy Chicken Sandwich 350 cal

- 27**
- Kielbasa Sub 240 cal
 - Corndog 424 cal
 - Blueberry Muffin 424 cal
 - Platter
 - Seasoned Red Beans 166 cal
 - Grilled Chicken Caesar Salad 158 cal
 - Croutons 284 cal
 - and
 - Caesar Dressing 340 cal
 - Chicken Fajita 400 cal
 - Spanish Rice 230 cal

- 28**
- Pasta Penne with Meat Sauce 468 cal
 - Penne Pasta 262 cal
 - Breadstick 110 cal
 - Chicken Tenders 292 cal
 - Mini Mandarin Popcorn Chicken Salad 335 cal
 - Croutons 142 cal
 - Broccoli 38 cal
 - Turkey and Cheese Sub 337 cal
 - Mandarin Chicken 338 cal
 - Salad
 - Turkey and Cheese Wrap 367 cal

- 29**
- Chicken Adobo 383 cal
 - Brown Rice 99 cal
 - Wild Mike's Cheesy Bites 281 cal
 - Marinara Dipping Cup 40 cal
 - PBJ Grape Sandwich 461 cal
 - Platter
 - Green Beans 40 cal
 - Chicken Tender Wrap

- 30**
- Mini Twin Cheeseburgers 316 cal
 - Individual Cheese Pizza 330 cal
 - Blueberry Muffin 424 cal
 - Platter
 - Potato Smiles 131 cal
 - Frozen Italian Ice 90 cal
 - Cheese Stuffed Crust Wedge Pizza 309 cal
 - Pepperoni Stuffed Crust Wedge Pizza 310 cal

EVERY DAY

- or
- Grape Soybutter Sandwich Platter
- Turkey & Cheese Sandwich
- offered with
- Grape PB&J Sandwich

Menu subject to change.