



LUNCH OCTOBER 2026

Congress Middle

Palm Beach County Public Schools

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

- 6
- Walking Taco 367 cal
 - Salsa and Shredded Lettuce 25 cal
 - Sour Cream 14 cal
 - Sliced Jalapenos 60 cal
 - Breaded Mozzarella Cheese Sticks 493 cal
 - Marinara Dipping Cup 40 cal
 - Grilled Chicken Salad 199 cal
 - Croutons 284 cal
 - Chocolate Chip Muffin Platter 417 cal
 - Seasoned Black Beans 142 cal

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

- 8
- Pierogies and Kielbasa 313 cal
 - Breadstick 110 cal
 - Wild Mike's Cheesy Bites 422 cal
 - Marinara Dipping Cup 40 cal
 - Buffalo Chicken Bites Salad 329 cal
 - Croutons 142 cal
 - Tuscan Green Beans 48 cal

- 9
- Mini Twin Cheeseburgers 316 cal
 - Cheese Pizza Crunchers 661 cal
 - Chocolate Chip Muffin Platter 417 cal
 - Potato Smiles 196 cal

- 12
- No menu published

- 13
- Chicken Soft Taco 397 cal
 - Black Beans & Rice 136 cal
 - Salsa 25 cal
 - Shredded Lettuce 14 cal
 - Sliced Jalapenos 60 cal
 - Hamburger 319 cal
 - Cheeseburger 355 cal
 - Grilled Chicken Caesar Salad 158 cal
 - Croutons 284 cal
 - Caesar Dressing 340 cal
 - Banana Muffin Platter 387 cal
 - Yuca Fries 219 cal

- 14
- Penne Pasta with Meatballs 391 cal
 - Breadstick 110 cal
 - Breaded Mozzarella Cheese Sticks 493 cal
 - Marinara Dipping Cup 40 cal
 - Italian Sub 416 cal
 - Yogurt & Cheese Cube Platter 400 cal
 - Green Beans 40 cal

- 15
- Chicken & Vegetable Potstickers with Ramen 427 cal
 - Deep Dish Cheese Pizza 310 cal
 - Chicken Tenders Salad 290 cal
 - Croutons 142 cal
 - Asian Broccoli 75 cal

- 16
- Chicken Nuggets 236 cal
 - Brazilian Sweet Bread 100 cal
 - Plant-Based Nuggets 256 cal
 - Meat Trio Pizza Wedge 350 cal
 - Banana Muffin Platter 387 cal
 - Potato Sticks 100 cal

- 19
- BBQ Pulled Pork 300 cal
 - Hushpuppies 150 cal
 - Macaroni and Cheese 350 cal
 - Turkey and Cheese Sub 337 cal
 - Turkey and Cheese Wrap 367 cal
 - BBQ Baked Beans 205 cal

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

- 21
- Beef and Broccoli Ramen Bowl 505 cal
 - Cheese Stuffed Crust Wedge Pizza 309 cal
 - Pepperoni Stuffed Crust Wedge Pizza 310 cal
 - Nashville Hot Chicken Wrap 466 cal
 - Strawberry Yogurt Parfait 277 cal
 - Mini Graham Bite 110 cal
 - Chortles 74 cal
 - Peas and Carrots 74 cal

- 22
- Chicken and Mashed Potato Bowl 420 cal
 - Classic Whole Grain Biscuit 159 cal
 - Meat Lovers Stromboli 310 cal
 - Marinara Dipping Cup 40 cal
 - Chef Salad with Turkey and Egg 208 cal
 - Croutons 142 cal
 - Corn 80 cal

- 23
- Chicken Patty Sandwich 351 cal
 - Breaded Mozzarella Cheese Sticks 493 cal
 - Marinara Dipping Cup 40 cal
 - Chocolate Chip Muffin Platter 417 cal
 - Broccoli 38 cal
 - Pickle 4 cal

- 26
- Spicy Chicken Sandwich 350 cal
 - Deep Dish Cheese Pizza 310 cal
 - Italian Sub 416 cal
 - Green Peas 89 cal

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

- 28
- Pasta Penne with Meat Sauce 468 cal
 - Penne Pasta 262 cal
 - Breadstick 110 cal
 - Chicken Tenders 439 cal
 - Mandarin Chicken Salad 338 cal
 - Croutons 142 cal
 - Turkey and Cheese Sub 337 cal
 - Turkey and Cheese Wrap 367 cal
 - Broccoli 38 cal

- 29
- Chicken Adobo 383 cal
 - Brown Rice 99 cal
 - Wild Mike's Cheesy Bites 422 cal
 - Marinara Dipping Cup 40 cal
 - Chicken Tender Wrap 40 cal
 - Green Beans 40 cal

- 30
- Mini Twin Cheeseburgers 316 cal
 - Cheese Stuffed Crust Wedge Pizza 309 cal
 - Pepperoni Stuffed Crust Wedge Pizza 310 cal
 - Blueberry Muffin Platter 424 cal
 - Potato Smiles 196 cal
 - Frozen Italian Ice 90 cal

EVERY DAY

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

Menu subject to change.