



SUPPER OCTOBER 2026

Congress Middle

Palm Beach County Public Schools

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

EVERY DAY

Assorted Milk

Menu subject to change.

- 5
- Chips and Dip (WG) 376 cal
 - offered with Salsa 25 cal
 - Ham & Cheese Croissant (WG) 326 cal
 - Fresh Baby Carrots 20 cal
 - Ranch Dressing 60 cal
 - Dried Fruit 114 cal

- 6
- Mini Pizza Triangles (WG) 270 cal
 - Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
 - or PB & Chocolate Sandwich with Cheese Stick (WG) 300 cal
 - Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal
 - 100% Vegetable Blend Juice 48 cal
 - Assorted Apple Sauce 53 cal

- 7
- Chicken Egg Rolls (WG) 300 cal
 - Mini Loaf Combo (WG) 365 cal
 - Fresh Cucumber Slices 14 cal
 - offered with Ranch Dressing 60 cal
 - Assorted Fruit Cups 73 cal

- 8
- Galaxy Pizza (WG) 280 cal
 - Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
 - or PB & Chocolate Sandwich with Cheese Stick (WG) 300 cal
 - Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal
 - 100% Vegetable Blend Juice 60 cal
 - Apple Slices 29 cal

- 9
- Mini Taco Wedges (WG) 260 cal
 - Turkey Ham & Cheese Lunch Kit (WG) 380 cal
 - Fresh Grape Tomatoes served with Ranch Dressing 60 cal
 - 100% Fruit Juice 48 cal

12

No menu published

- 13
- Cheeseburger (WG) 355 cal
 - Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
 - or PB & Chocolate Sandwich with Cheese Stick (WG) 300 cal
 - Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal
 - 100% Vegetable Blend Juice 48 cal
 - Assorted Apple Sauce 53 cal

- 14
- Chips and Dip (WG) 376 cal
 - offered with Salsa 25 cal
 - Mini Loaf Combo (WG) 365 cal
 - Fresh Cucumber Slices 14 cal
 - Ranch Dressing 60 cal
 - Assorted Fruit Cups 73 cal

- 15
- Mini Corndogs (WG) 275 cal
 - Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
 - or PB & Chocolate Sandwich with Cheese Stick (WG) 300 cal
 - Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal
 - 100% Vegetable Blend Juice 60 cal
 - Apple Slices 29 cal

- 16
- Cheese Stuffed Bosco Breadsticks (WG) 300 cal
 - offered with Marinara Dipping Cup 40 cal
 - Turkey & Cheese Lunch Kit (WG) 380 cal
 - Fresh Baby Carrots 20 cal
 - Ranch Dressing 60 cal
 - 100% Fruit Juice 48 cal

- 19
- Mini Cheese Pizza Bagels (WG) 259 cal
 - Turkey & Cheese Croissant (WG) 301 cal
 - Fresh Baby Carrots 20 cal
 - offered with Ranch Dressing 60 cal
 - Dried Fruit 114 cal

- 20
- Hot Dog (WG) 309 cal
 - Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
 - or PB & Chocolate Sandwich with Cheese Stick (WG) 300 cal
 - Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal
 - 100% Vegetable Blend Juice 48 cal
 - Assorted Apple Sauce 53 cal

- 21
- Chicken & Cheese Taco CrispUps (WG) 354 cal
 - Mini Loaf Combo 365 cal
 - Celery Sticks 10 cal
 - served with Peanut Butter Cup 180 cal
 - Assorted Fruit Cups 73 cal

- 22
- Galaxy Pizza (WG) 280 cal
 - Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
 - or PB & Chocolate Sandwich with Cheese Stick (WG) 300 cal
 - Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal
 - 100% Vegetable Blend Juice 60 cal
 - Apple Slices 29 cal

- 23
- Mini Taco Wedges (WG) 260 cal
 - Turkey Ham & Cheese Lunch Kit (WG) 380 cal
 - Fresh Grape Tomatoes served with Ranch Dressing 60 cal
 - 100% Fruit Juice 48 cal

- 26
- Chips and Dip (WG) 376 cal
 - offered with Salsa 25 cal
 - Ham & Cheese Croissant (WG) 326 cal
 - Fresh Baby Carrots 20 cal
 - Ranch Dressing 60 cal
 - Dried Fruit 114 cal

- 27
- Mini Pizza Triangles (WG) 270 cal
 - Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
 - or PB & Chocolate Sandwich with Cheese Stick (WG) 300 cal
 - Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal
 - 100% Vegetable Blend Juice 48 cal
 - Assorted Apple Sauce 53 cal

- 28
- Chicken Egg Rolls (WG) 300 cal
 - Mini Loaf Combo (WG) 365 cal
 - Fresh Cucumber Slices 14 cal
 - offered with Ranch Dressing 60 cal
 - Assorted Fruit Cups 73 cal

- 29
- Pizza Quesadilla (WG) 300 cal
 - Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
 - or PB & Chocolate Sandwich with Cheese Stick (WG) 300 cal
 - Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal
 - 100% Vegetable Blend Juice 60 cal
 - Apple Slices 29 cal

- 30
- Tostada Bowl Beef & Cheese (WG) 278 cal
 - Turkey & Cheese Lunch Kit (WG) 380 cal
 - Fresh Baby Carrots 20 cal
 - offered with Ranch Dressing 60 cal
 - 100% Fruit Juice 48 cal