



LUNCH OCTOBER 2026

Connections Education Center of the Palm Beaches

Palm Beach County Public Schools

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5

Italian Sub 416 cal
 Chocolate Chip Muffin Platter 417 cal
 Romaine Salad 11 cal
 Fresh Baby Carrots 20 cal

6

Grilled Chicken Salad 199 cal
offered with
 Croutons 284 cal
 Chocolate Chip Muffin Platter 417 cal
 Corn & Bean Salsa 156 cal
 Fresh Cucumber Slices 14 cal

7

Chicken Tender Wrap
 Chocolate Chip Muffin Platter 417 cal
 Romaine Salad 11 cal
 Fresh Baby Carrots 20 cal

1

Popcorn Chicken Salad 312 cal
offered with
 Croutons 142 cal
 Blueberry Muffin Platter 424 cal
 Corn & Bean Salsa 156 cal
 Fresh Cucumber Slices 14 cal

2

Italian Sub 416 cal
 Blueberry Muffin Platter 424 cal
 Romaine Salad 11 cal
 Fresh Baby Carrots 20 cal

12

No menu published

13

Grilled Chicken Caesar Salad 158 cal
offered with
 Croutons 284 cal
and
 Caesar Dressing 340 cal
 Banana Muffin Platter 387 cal
 Corn & Bean Salsa 156 cal
 Fresh Cucumber Slices 14 cal

14

Italian Sub 416 cal
 Yogurt & Cheese Cube Platter 400 cal
 Romaine Salad 11 cal
 Fresh Baby Carrots 20 cal

15

Chicken Tenders Salad 290 cal
offered with
 Croutons 142 cal
 Banana Muffin Platter 387 cal
 Corn & Bean Salsa 156 cal
 Fresh Cucumber Slices 14 cal

16

Turkey and Cheese Sub 337 cal
 Banana Muffin Platter 387 cal
 Romaine Salad 11 cal
 Fresh Baby Carrots 20 cal

19

Turkey and Cheese Sub 337 cal
 Chocolate Chip Muffin Platter 417 cal
 Romaine Salad 11 cal
 Fresh Baby Carrots 20 cal

20

Popcorn Chicken Salad 312 cal
offered with
 Croutons 142 cal
 Chocolate Chip Muffin Platter 417 cal
 Corn & Bean Salsa 156 cal
 Fresh Cucumber Slices 14 cal

21

Nashville Hot Chicken Wrap 466 cal
 Chocolate Chip Muffin Platter 417 cal
 Romaine Salad 11 cal
 Fresh Baby Carrots 20 cal

22

Chef Salad with Turkey and Egg 208 cal
offered with
 Croutons 284 cal
 Chocolate Chip Muffin Platter 417 cal
 Corn & Bean Salsa 156 cal
 Fresh Cucumber Slices 14 cal

23

Italian Sub 416 cal
 Chocolate Chip Muffin Platter 417 cal
 Romaine Salad 11 cal
 Fresh Baby Carrots 20 cal

26

Italian Sub 416 cal
 Blueberry Muffin Platter 424 cal
 Romaine Salad 11 cal
 Fresh Baby Carrots 20 cal

27

Grilled Chicken Caesar Salad 158 cal
offered with
 Croutons 284 cal
and
 Caesar Dressing 340 cal
 Blueberry Muffin Platter 424 cal
 Corn & Bean Salsa 156 cal
 Fresh Cucumber Slices 14 cal

28

Mandarin Chicken Salad 338 cal
offered with
 Croutons 142 cal
 Breadstick 110 cal
 Blueberry Muffin Platter 424 cal
 Romaine Salad 11 cal
 Fresh Baby Carrots 20 cal

29

Chicken Tender Wrap
 Blueberry Muffin Platter 424 cal
 Corn & Bean Salsa 156 cal
 Fresh Cucumber Slices 14 cal

30

Turkey and Cheese Sub 337 cal
 Blueberry Muffin Platter 424 cal
 Romaine Salad 11 cal
 Fresh Baby Carrots 20 cal
 Frozen Italian Ice 90 cal

EVERY DAY

- PB&J Grape Sandwich Platter**
- or
- Grape Soybuter Sandwich Platter**

Menu subject to change.

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.

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