



LUNCH

OCTOBER 2026

Crossroads Academy

Palm Beach County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

5 CHICKEN PATTY SANDWICH 351 cal - Hot Dog 310 cal - Relish 15 cal - Italian Sub 416 cal - Grape PB&J Sandwich 590 cal - or - Grape Soybuter Sandwich Platter 450 cal - PBJ Grape Sandwich Platter 461 cal - Sweet Potato Waffle Fries 183 cal	6 WALKING TACO 367 cal - Salsa and 25 cal - Shredded Lettuce 14 cal - Sour Cream 60 cal - Taco Sauce 10 cal - Sliced Jalapenos - 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 - Garden Salad with Egg & Cheese 142 cal - Croutons 284 cal - Chicken Tender Wrap Broccoli 38 cal	1 HAMBURGER 319 cal - or - Cheeseburger 355 cal - Cheese Pizza 661 cal - Crunchers - Popcorn Chicken Salad 312 cal - Croutons 142 cal - Grape PB&J Sandwich 590 cal - Grape Soybuter Sandwich Platter 450 cal - PBJ Grape Sandwich Platter 461 cal - Potato Sticks 100 cal - Pickle 4 cal	2 SOUTHERN HOT CHICKEN AND WAFFLE 564 cal - Wild Mike's Cheesy Bites 420 cal - Marinara Dipping Cup 40 cal - Blueberry Muffin Platter 424 cal - Corn 80 cal
12 No menu published	13 CHICKEN SOFT TACO 397 cal - Black Beans & Rice and 136 cal - Salsa 25 cal - Shredded Lettuce 14 cal - Taco Sauce 10 cal - Sliced Jalapenos - Hamburger 319 cal - or - Cheeseburger 355 cal - Grilled Chicken Caesar Salad 158 cal - Croutons 284 cal - Caesar Dressing 340 cal - Banana Muffin Platter 387 cal - Seasoned Black Beans 142 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 - High School Portion: Chicken and Vegetable Potstickers 465 cal - Deep Dish Cheese Pizza 310 cal - Chicken Tenders Salad 290 cal - Croutons 142 cal - Grape PB&J Sandwich 590 cal - or - Grape Soybuter Sandwich Platter 450 cal - PBJ Grape Sandwich Platter 461 cal - Asian Broccoli 75 cal	16 CHICKEN NUGGETS 236 cal - Brazilian Sweet Bread 100 cal - Plant-Based Nuggets 256 cal - Corndog 240 cal - Banana Muffin Platter 387 cal - Potato Sticks 100 cal
19 BBQ PULLED PORK 300 cal - Hushpuppies 150 cal - High School Portion: Macaroni and Cheese 350 cal - Turkey and Cheese Sub 337 cal - Grape PB&J Sandwich 590 cal - or - Grape Soybuter Sandwich Platter 450 cal - PBJ Grape Sandwich Platter 461 cal - BBQ Baked Beans 205 cal	20 BEEF NACHOS W/TORTILLA CHIPS 428 cal - Dill Chicken Bites 378 cal - Dinner Roll 80 cal - Popcorn Chicken Salad 312 cal - Croutons 142 cal - Chocolate Chip Muffin Platter 417 cal - Sliced Sweet Plantains 280 cal	21 BEEF AND BROCCOLI RAMEN BOWL 505 cal - Meat Lovers Stromboli 310 cal - Marinara Dipping Cup 40 cal - Nashville Hot Chicken Wrap 466 cal - Strawberry Yogurt Parfait 277 cal - Mini Graham Bite 110 cal - High School Portion: Peas and Carrots 74 cal	22 CHICKEN AND MASHED POTATO BOWL 420 cal - Classic Whole Grain Biscuit 159 cal - Grilled Cheese Sandwich 320 cal - Chef Salad with Turkey and Egg 208 cal - Croutons 284 cal - Grape PB&J Sandwich 590 cal - or - Grape Soybuter Sandwich Platter 450 cal - PBJ Grape Sandwich Platter 461 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 ASIAN CHICKEN BITES 331 cal - Dinner Roll 80 cal - Deep Dish Cheese Pizza 310 cal - Italian Sub 416 cal - Grape PB&J Sandwich 590 cal - or - Grape Soybuter Sandwich Platter 450 cal - PBJ Grape Sandwich Platter 461 cal - Green Peas 89 cal	27 KIELBASA SUB 240 cal - Corndog 240 cal - Blueberry Muffin Platter 424 cal - Seasoned Red Beans 166 cal	28 PASTA PENNE WITH MEAT SAUCE 468 cal - or - Penne Pasta 262 cal - Breadstick 110 cal - Chicken Tenders 439 cal - Turkey and Cheese Sub 337 cal - Mini Mandarin Popcorn Chicken Salad 335 cal - Croutons 142 cal - Broccoli 38 cal	29 CHICKEN ADOBO 383 cal - Brown Rice 99 cal - Wild Mike's Cheesy Bites 420 cal - Marinara Dipping Cup 40 cal - Chicken Tender Wrap 40 cal - Grape PB&J Sandwich 590 cal - or - Grape Soybuter Sandwich Platter 450 cal - PBJ Grape Sandwich Platter 461 cal - Green Beans 40 cal	30 MINI TWIN CHEESEBURGERS 316 cal - Individual Cheese Pizza 330 cal - Blueberry Muffin Platter 424 cal - Potato Smiles 196 cal - Frozen Italian Ice 90 cal

Served every day:

offered with

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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