



PRE K LUNCH OCTOBER 2026

Crystal Lakes Elementary

Palm Beach County Public Schools



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5

Grilled Chicken Nuggets 102 cal

offered with

- Dinner Roll 80 cal
- Sweet Potato Fries 65 cal
- Fresh Fruit 72 cal
- Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
- or
- Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

6

Breaded Mozzarella Cheese Sticks 328 cal

offered with

- Marinara Dipping Cup 40 cal
- Seasoned Black Beans 71 cal
- Assorted Fruit Cups 65 cal
- or
- Assorted Apple Sauce 53 cal
- Chocolate Chip Mini Loaf Combo 280 cal

7

Macaroni and Cheese 350 cal

- Broccoli 19 cal
- Fresh Fruit 72 cal
- Turkey & Cheese Croissant Sandwich 187 cal

1

Hamburger 319 cal

or

- Cheeseburger 355 cal
- Potato Sticks 50 cal
- Assorted Fruit Cups 65 cal
- Assorted Apple Sauce 53 cal
- Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
- Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

2

Chicken Tenders 219 cal

- Corn 42 cal
- Fresh Fruit 72 cal
- Blueberry Muffin Combo 276 cal

12

No menu published

13

Pollo Asado 105 cal

offered with

- Black Beans & Rice 136 cal
- Yuca Fries 109 cal
- Assorted Fruit Cups 65 cal
- or
- Assorted Apple Sauce 53 cal
- Banana Mini Loaf Combo 330 cal

14

Penne Pasta with Meatballs 244 cal

- Green Beans 21 cal
- Fresh Fruit 72 cal
- Turkey & Cheese Croissant Sandwich 187 cal

15

Mini Cheese Pizza Bagel 259 cal

- Peas & Carrots 37 cal
- Assorted Fruit Cups 73 cal
- or
- Assorted Apple Sauce 53 cal
- Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
- Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

16

Chicken Nuggets 135 cal

- Potato Sticks 50 cal
- Fresh Fruit 72 cal
- Banana Mini Loaf Combo 330 cal

19

Macaroni and Cheese 350 cal

- BBQ Baked Beans 102 cal
- Fresh Fruit 72 cal
- Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
- or
- Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

20

Dill Chicken Bites 142 cal

- Sliced Sweet Plantains 140 cal
- Assorted Fruit Cups 65 cal
- or
- Assorted Apple Sauce 53 cal
- Chocolate Chip Mini Loaf Combo 280 cal

21

Cheese Pizza 310 cal

- Peas & Carrots 37 cal
- Fresh Fruit 72 cal
- Turkey & Cheese Croissant Sandwich 187 cal

22

Popcorn Chicken 240 cal

- Mashed Potatoes 60 cal
- Assorted Fruit Cups 65 cal
- or
- Assorted Apple Sauce 53 cal
- Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
- Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

23

Chicken and Cheese Slider 252 cal

- Broccoli 19 cal
- Fresh Fruit 72 cal
- Chocolate Chip Mini Loaf Combo 280 cal

26

Asian Chicken Bites 166 cal

- Green Peas 45 cal
- Fresh Fruit 72 cal
- Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
- or
- Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

27

Chicken Tenders 219 cal

- Seasoned Red Beans 83 cal
- Assorted Fruit Cups 65 cal
- or
- Assorted Apple Sauce 53 cal
- Blueberry Muffin Combo 276 cal

28

Penne Pasta w/Meat Sauce & Cheese Stick 311 cal

- Broccoli 19 cal
- Fresh Fruit 72 cal
- Turkey & Cheese Croissant Sandwich 187 cal

29

Wild Mike's Cheesy Bites 211 cal

offered with

- Marinara Dipping Cup 40 cal
- Green Beans 21 cal
- Assorted Fruit Cups 65 cal
- or
- Assorted Apple Sauce 53 cal
- Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
- Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

30

Mini Twin Cheeseburgers 316 cal

- Potato Smiles 65 cal
- Fresh Fruit 72 cal
- Blueberry Muffin Combo 276 cal

EVERY DAY

- Assorted Unflavored Milk

Menu subject to change.