



ESE PRE-K LUNCH

OCTOBER 2026

Egret Lake 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 Soybuter Sandwich with Cheese Stick (WG) 360 cal

6

- CHICKEN NUGGETS** 135 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 Soybuter 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 Soybuter 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 Soybuter 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 Soybuter 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 Soybuter Sandwich with Cheese Stick (WG) 360 cal

27

- POPCORN CHICKEN** 240 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

- CHICKEN TENDERS** 219 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 Soybuter 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

Served every day:

- Assorted Unflavored Milk

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.

nutrislice