



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 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

8	
POTATO AND CHEESE PIEROGIES	126 cal
Tuscan Green Beans	24 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

9	
CHEESE PIZZA CRUNCHERS	330 cal
Potato Smiles	65 cal
Fresh Fruit	72 cal
Chocolate Chip Mini Loaf Combo	280 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

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.

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