



SUPPER

OCTOBER 2026

Egret Lake Elementary

Palm Beach County Public Schools



Monday

Tuesday

Wednesday

Thursday

Friday

5	
CHIPS AND DIP (WG)	376 cal
offered with Salsa	25 cal
Ham & Cheese Croissant (WG)	326 cal
Fresh Baby Carrots	20 cal
Ranch Dressing	60 cal
Dried Fruit	114 cal

6	
MINI PIZZA TRIANGLES (WG)	270 cal
Grape PB&J Sandwich with Cheese Stick (WG)	371 cal
or PB & Chocolate Sandwich with Cheese Stick (WG)	300 cal
Grape Soybutter Sandwich with Cheese Stick (WG)	360 cal
100% Vegetable Blend Juice	48 cal
Assorted Apple Sauce	53 cal

7	
CHICKEN EGG ROLLS (WG)	300 cal
Mini Loaf Combo (WG)	365 cal
Fresh Cucumber Slices	14 cal
offered with Ranch Dressing	60 cal
Assorted Fruit Cups	73 cal

1	
GALAXY PIZZA (WG)	280 cal
Grape PB&J Sandwich with Cheese Stick (WG)	371 cal
or PB & Chocolate Sandwich with Cheese Stick (WG)	300 cal
Grape Soybutter Sandwich with Cheese Stick (WG)	360 cal
100% Vegetable Blend Juice	60 cal
Apple Slices	29 cal

2	
MINI TACO WEDGES (WG)	260 cal
Turkey Ham & Cheese Lunch Kit (WG)	380 cal
Fresh Grape Tomatoes	10 cal
served with Ranch Dressing	60 cal
100% Fruit Juice	48 cal

12	No menu published
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13	
CHEESEBURGER (WG)	355 cal
Grape PB&J Sandwich with Cheese Stick (WG)	371 cal
or PB & Chocolate Sandwich with Cheese Stick (WG)	300 cal
Grape Soybutter Sandwich with Cheese Stick (WG)	360 cal
100% Vegetable Blend Juice	48 cal
Assorted Apple Sauce	53 cal

14	
CHIPS AND DIP (WG)	376 cal
offered with Salsa	25 cal
Mini Loaf Combo (WG)	365 cal
Fresh Cucumber Slices	14 cal
Ranch Dressing	60 cal
Assorted Fruit Cups	73 cal

15	
MINI CORNDOGS (WG)	275 cal
Grape PB&J Sandwich with Cheese Stick (WG)	371 cal
or PB & Chocolate Sandwich with Cheese Stick (WG)	300 cal
Grape Soybutter Sandwich with Cheese Stick (WG)	360 cal
100% Vegetable Blend Juice	60 cal
Apple Slices	29 cal

16	
CHEESE STUFFED BOSCO BREADSTICKS (WG)	300 cal
offered with Marinara Dipping Cup	40 cal
Turkey & Cheese Lunch Kit (WG)	380 cal
Fresh Baby Carrots	20 cal
Ranch Dressing	60 cal
100% Fruit Juice	48 cal

19	
MINI CHEESE PIZZA BAGELS (WG)	259 cal
Turkey & Cheese Croissant (WG)	301 cal
Fresh Baby Carrots	20 cal
offered with Ranch Dressing	60 cal
Dried Fruit	114 cal

20	
HOT DOG (WG)	309 cal
Grape PB&J Sandwich with Cheese Stick (WG)	371 cal
or PB & Chocolate Sandwich with Cheese Stick (WG)	300 cal
Grape Soybutter Sandwich with Cheese Stick (WG)	360 cal
100% Vegetable Blend Juice	48 cal
Assorted Apple Sauce	53 cal

21	
CHICKEN & CHEESE TACO CRISPUPS (WG)	354 cal
Mini Loaf Combo (WG)	365 cal
Celery Sticks	10 cal
served with Peanut Butter Cup	180 cal
Assorted Fruit Cups	73 cal

22	
GALAXY PIZZA (WG)	280 cal
Grape PB&J Sandwich with Cheese Stick (WG)	371 cal
or PB & Chocolate Sandwich with Cheese Stick (WG)	300 cal
Grape Soybutter Sandwich with Cheese Stick (WG)	360 cal
100% Vegetable Blend Juice	60 cal
Apple Slices	29 cal

23	
MINI TACO WEDGES (WG)	260 cal
Turkey Ham & Cheese Lunch Kit (WG)	380 cal
Fresh Grape Tomatoes	10 cal
served with Ranch Dressing	60 cal
100% Fruit Juice	48 cal

26	
CHIPS AND DIP (WG)	376 cal
offered with Salsa	25 cal
Ham & Cheese Croissant (WG)	326 cal
Fresh Baby Carrots	20 cal
Ranch Dressing	60 cal
Dried Fruit	114 cal

27	
MINI PIZZA TRIANGLES (WG)	270 cal
Grape PB&J Sandwich with Cheese Stick (WG)	371 cal
or PB & Chocolate Sandwich with Cheese Stick (WG)	300 cal
Grape Soybutter Sandwich with Cheese Stick (WG)	360 cal
100% Vegetable Blend Juice	48 cal
Assorted Apple Sauce	53 cal

28	
CHICKEN EGG ROLLS (WG)	300 cal
Mini Loaf Combo (WG)	365 cal
Fresh Cucumber Slices	14 cal
offered with Ranch Dressing	60 cal
Assorted Fruit Cups	73 cal

29	
PIZZA QUESADILLA (WG)	300 cal
Grape PB&J Sandwich with Cheese Stick (WG)	371 cal
or PB & Chocolate Sandwich with Cheese Stick (WG)	300 cal
Grape Soybutter Sandwich with Cheese Stick (WG)	360 cal
100% Vegetable Blend Juice	60 cal
Apple Slices	29 cal

30	
TOSTADA BOWL BEEF & CHEESE (WG)	278 cal
Turkey & Cheese Lunch Kit (WG)	380 cal
Fresh Baby Carrots	20 cal
offered with Ranch Dressing	60 cal
100% Fruit Juice	48 cal

Served every day:
Assorted 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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