



LUNCH OCTOBER 2026

Forest Park Elementary

Palm Beach County Public Schools



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 Hamburger 319 cal or Cheeseburger 355 cal Cheese Pizza Crunchers 440 cal PBJ Grape Sandwich Platter 461 cal Grape Soybuter Sandwich Platter 450 cal Potato Sticks 100 cal Pickle 4 cal	2 Chicken and Waffle 530 cal offered with Wild Mike's Cheesy Bites 281 cal Marinara Dipping Cup 40 cal Blueberry Muffin Platter 424 cal Corn 80 cal
5 Chicken Patty Sandwich 351 cal Hot Dog 309 cal offered with Relish 15 cal PBJ Grape Sandwich Platter 461 cal or Grape Soybuter Sandwich Platter 450 cal Sweet Potato Waffle Fries 183 cal	6 Walking Taco 367 cal offered with Salsa 25 cal and Shredded Lettuce 14 cal Sour Cream 60 cal Taco Sauce 10 cal Breaded Mozzarella Cheese Sticks 407 cal Marinara Dipping Cup 40 cal Chocolate Chip Muffin Platter 417 cal Seasoned Black Beans 142 cal	7 Orange Chicken 388 cal offered with Rice with Veggies 241 cal Macaroni and Cheese 350 cal Dinner Roll 80 cal Garden Salad with Egg & Cheese 142 cal Croutons 284 cal Broccoli 38 cal	8 Pierogies and Kielbasa 313 cal offered with Breadstick 110 cal Chicken Nuggets 168 cal Plant Based Nuggets 214 cal PBJ Grape Sandwich Platter 461 cal or Grape Soybuter Sandwich Platter 450 cal Tuscan Green Beans 48 cal	9 Mini Twin Cheeseburgers 316 cal Cheese Pizza Crunchers 440 cal Chocolate Chip Muffin Platter 417 cal Potato Smiles 131 cal
12 No menu published	13 Chicken Soft Taco 397 cal offered with Black Beans & Rice 136 cal and Salsa 25 cal Shredded Lettuce 14 cal Hamburger 319 cal or Cheeseburger 355 cal Banana Muffin Platter 387 cal Yuca Fries 219 cal	14 It's Circus Ring Penne Pasta with Meatballs Today! 391 cal Penne Pasta with Meatballs offered with Breadstick 110 cal It's Acrobat Breaded Mozzarella Cheese Sticks Today! 407 cal Breaded Mozzarella Cheese Sticks 407 cal Marinara Dipping Cup 40 cal Yogurt & Cheese Cube Platter 400 cal Green Beans 40 cal	15 It's Ringling Chicken & Vegetable Potstickers with Ramen Today! 427 cal Chicken & Vegetable Potstickers with Ramen 427 cal It's Trapeze Deep Dish Cheese Pizza Today! 310 cal Deep Dish Cheese Pizza 461 cal PBJ Grape Sandwich Platter 450 cal or Grape Soybuter Sandwich Platter 450 cal Asian Broccoli 75 cal	16 It's Clown Car Chicken Nuggets Today! 168 cal Chicken Nuggets offered with Brazilian Sweet Bread 100 cal It's Plant-Powered Clown Car Nuggets Today! 214 cal Plant Based Nuggets 214 cal It's Carnival Corn dog Today! 240 cal Corn dog 240 cal Banana Muffin Platter 387 cal Potato Sticks 100 cal
19 BBQ Pulled Pork 300 cal offered with Hushpuppies 150 cal Macaroni and Cheese 350 cal PBJ Grape Sandwich Platter 461 cal or Grape Soybuter Sandwich Platter 450 cal BBQ Baked Beans 205 cal	20 Beef Nachos w/Tortilla Chips 428 cal Dill Chicken Bites 236 cal offered with Dinner Roll 80 cal Chocolate Chip Muffin Platter 417 cal Sliced Sweet Plantains 280 cal	21 Beef and Broccoli Ramen Bowl 505 cal Cheese Pizza 310 cal Strawberry Yogurt Parfait 164 cal offered with Mini Graham Bite Chortles 110 cal Peas and Carrots 74 cal	22 Chicken and Mashed Potato Bowl 420 cal offered with Classic Whole Grain Biscuit 159 cal Grilled Cheese Sandwich 320 cal PBJ Grape Sandwich Platter 461 cal or Grape Soybuter Sandwich Platter 450 cal Corn 80 cal	23 Chicken Patty Sandwich 351 cal Breaded Mozzarella Cheese Sticks 407 cal offered with Marinara Dipping Cup 40 cal Chocolate Chip Muffin Platter 417 cal Broccoli 38 cal Pickle 4 cal
26 Asian Chicken Bites 221 cal offered with Dinner Roll 80 cal Deep Dish Cheese Pizza 310 cal PBJ Grape Sandwich Platter 461 cal or Grape Soybuter Sandwich Platter 450 cal Green Peas 89 cal	27 Kielbasa Sub 240 cal Corn dog 424 cal Blueberry Muffin Platter 166 cal Seasoned Red Beans	28 Pasta Penne with Meat Sauce 468 cal or Penne Pasta 262 cal offered with Breadstick 110 cal Chicken Tenders 292 cal Mini Mandarin Popcorn Chicken Salad 335 cal Croutons 142 cal Broccoli 38 cal	29 Chicken Adobo 383 cal offered with Brown Rice 99 cal Wild Mike's Cheesy Bites 281 cal Marinara Dipping Cup 40 cal PBJ Grape Sandwich Platter 461 cal or Grape Soybuter Sandwich Platter 450 cal Green Beans 40 cal	30 Mini Twin Cheeseburgers 316 cal Cheese Pizza 310 cal Blueberry Muffin Platter 424 cal Potato Smiles 131 cal Frozen Italian Ice 90 cal

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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