



LUNCH

OCTOBER 2026

Freedom Shores Elementary

Palm Beach County Public Schools



Monday

Tuesday

Wednesday

Thursday

Friday

5	
	CHICKEN PATTY SANDWICH 351 cal
	Hot Dog 309 cal
	offered with Relish 15 cal
	PBJ Grape Sandwich 461 cal
	Platter
	or Grape Soybuter Sandwich 450 cal
	Sweet Potato Waffle 183 cal
	Fries

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 417 cal
	Platter
	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 461 cal
	Platter
	or Grape Soybuter Sandwich 450 cal
	Tuscan Green Beans 48 cal

9	
	MINI TWIN CHEESEBURGERS 316 cal
	offered with Cheese Pizza 440 cal
	Crunchers
	Chocolate Chip Muffin 417 cal
	Platter
	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!
	Penne Pasta with Meatballs 391 cal
	offered with Breadstick 110 cal
	It's Acrobat Breaded Mozzarella Cheese Sticks Today!
	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!
	Chicken & Vegetable Potstickers with Ramen 427 cal
	It's Trapeze Deep Dish Cheese Pizza Today!
	Deep Dish Cheese Pizza 310 cal
	PBJ Grape Sandwich 461 cal
	Platter
	or Grape Soybuter Sandwich 450 cal
	Asian Broccoli 75 cal

16	
	IT'S CLOWN CAR CHICKEN NUGGETS TODAY!
	Chicken Nuggets 168 cal
	offered with Brazilian Sweet Bread 100 cal
	It's Plant-Powered Clown Car Nuggets Today!
	Plant Based Nuggets 214 cal
	It's Carnival Corndog Today!
	Corndog 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 461 cal
	Platter
	or Grape Soybuter Sandwich 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 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 461 cal
	Platter
	or Grape Soybuter Sandwich 450 cal
	Corn 80 cal

23	
	CHICKEN PATTY SANDWICH 351 cal
	offered with Breaded Mozzarella Cheese Sticks 407 cal
	Marinara Dipping Cup 40 cal
	Chocolate Chip Muffin 417 cal
	Platter
	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 461 cal
	Platter
	or Grape Soybuter Sandwich 450 cal
	Green Peas 89 cal

27	
	KIELBASA SUB
	Corndog 240 cal
	Blueberry Muffin 424 cal
	Platter
	Seasoned Red Beans 166 cal

28	
	PASTA PENNE WITH MEAT SAUCE 468 cal
	offered with Penne Pasta 262 cal
	Breadstick 110 cal
	Chicken Tenders 292 cal
	Mini Mandarin Popcorn 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 461 cal
	Platter
	or Grape Soybuter Sandwich 450 cal
	Green Beans 40 cal

30	
	MINI TWIN CHEESEBURGERS 316 cal
	offered with Cheese Pizza 310 cal
	Blueberry Muffin 424 cal
	Platter
	Potato Smiles 131 cal
	Frozen Italian Ice 90 cal