



PRE K LUNCH

OCTOBER 2026

Freedom Shores 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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