



SUPPER

OCTOBER 2026

Freedom Shores 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

- 8
- 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

- 9
- 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

12

No menu published

- 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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