



Palm Beach County Public Schools

Galaxy E3 Elementary

Head Start Lunch · October 2026



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

6 Chicken Nuggets

135 cal
Seasoned Black Beans 71 cal
Assorted Fruit Cups 65 cal
or
Assorted Apple Sauce 53 cal

7 Macaroni and Cheese

350 cal
Broccoli 19 cal
Fresh Fruit 72 cal

8 Potato and Cheese Pierogies

126 cal
Tuscan Green Beans 24 cal
Assorted Fruit Cups 65 cal
or
Assorted Apple Sauce 53 cal

9 Mini Twin Cheeseburgers

316 cal
Potato Smiles 65 cal
Fresh Fruit 72 cal

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

14 Penne Pasta with Meatballs

244 cal
Green Beans 21 cal
Fresh Fruit 72 cal

15 Mini Cheese Pizza Bagel

259 cal
Peas & Carrots 37 cal
Assorted Fruit Cups 73 cal
or
Assorted Apple Sauce 53 cal

16 Chicken Nuggets

135 cal
Potato Sticks 50 cal
Fresh Fruit 72 cal

19 Macaroni and Cheese

350 cal
BBQ Baked Beans 102 cal
Fresh Fruit 72 cal

20 Dill Chicken Bites

142 cal
Sliced Sweet Plantains 140 cal
Assorted Fruit Cups 65 cal
or
Assorted Apple Sauce 53 cal

21 Cheese Pizza

310 cal
Peas & Carrots 37 cal
Fresh Fruit 72 cal

22 Popcorn Chicken

240 cal
Mashed Potatoes 60 cal
Assorted Fruit Cups 65 cal
or
Assorted Apple Sauce 53 cal

23 Chicken and Cheese Slider

252 cal
Broccoli 19 cal
Fresh Fruit 72 cal

26 Asian Chicken Bites

166 cal
Green Peas 45 cal
Fresh Fruit 72 cal

27 Popcorn Chicken

240 cal
Seasoned Red Beans 83 cal
Assorted Fruit Cups 65 cal
or
Assorted Apple Sauce 53 cal

28 Penne Pasta w/Meat Sauce & Cheese Stick

311 cal
Broccoli 19 cal
Fresh Fruit 72 cal

29 Chicken Tenders

219 cal
Green Beans 21 cal
Assorted Fruit Cups 65 cal
or
Assorted Apple Sauce 53 cal

30 Mini Twin Cheeseburgers

316 cal
Potato Smiles 65 cal
Fresh Fruit 72 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.

nutrislice