



LUNCH

OCTOBER 2026

Glades Academy Incorporated Elementary

Palm Beach County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

CHICKEN PATTY SANDWICH	351 cal
Hot Dog	309 cal
Relish	15 cal
Italian Sub	416 cal
PBJ Grape Sandwich Platter	461 cal
or	
Grape Soybuter Sandwich Platter	450 cal
Sweet Potato Waffle Fries	183 cal

WALKING TACO	367 cal
Salsa	25 cal
and	
Shredded Lettuce	14 cal
Sour Cream	60 cal
Breaded Mozzarella Cheese Sticks	407 cal
Marinara Dipping Cup	40 cal
Grilled Chicken Salad	199 cal
Croutons	284 cal
Chocolate Chip Muffin Platter	417 cal
Seasoned Black Beans	142 cal

ORANGE CHICKEN	388 cal
Rice with Veggies	241 cal
Macaroni and Cheese	350 cal
Dinner Roll	80 cal
Chicken Tender Wrap	
Garden Salad with Egg & Cheese	142 cal
Croutons	284 cal
Broccoli	38 cal

PIEROGIES AND KIELBASA	313 cal
Breadstick	110 cal
Chicken Nuggets	168 cal
Plant Based Nuggets	214 cal
Buffalo Chicken Bites	329 cal
Croutons	142 cal
PBJ Grape Sandwich Platter	461 cal
or	
Grape Soybuter Sandwich Platter	450 cal
Tuscan Green Beans	48 cal

MINI TWIN CHEESEBURGERS	316 cal
Cheese Pizza	440 cal
Crunchers	
Chocolate Chip Muffin Platter	417 cal
Potato Smiles	131 cal

No menu published

CHICKEN SOFT TACO	397 cal
Black Beans & Rice	136 cal
and	
Salsa	25 cal
Shredded Lettuce	14 cal
Hamburger	319 cal
or	
Cheeseburger	355 cal
Grilled Chicken Caesar Salad	158 cal
Croutons	284 cal
Caesar Dressing	340 cal
Banana Muffin Platter	387 cal
Yuca Fries	219 cal

PENNE PASTA WITH MEATBALLS	391 cal
Breadstick	110 cal
Breaded Mozzarella Cheese Sticks	407 cal
Marinara Dipping Cup	40 cal
Italian Sub	416 cal
Yogurt & Cheese	400 cal
Cube Platter	
Green Beans	40 cal

CHICKEN & VEGETABLE POTSTICKERS WITH RAMEN	427 cal
Deep Dish Cheese	310 cal
Pizza	
Chicken Tenders	290 cal
Salad	
Croutons	142 cal
PBJ Grape Sandwich Platter	461 cal
or	
Grape Soybuter Sandwich Platter	450 cal
Asian Broccoli	75 cal

CHICKEN NUGGETS	168 cal
Brazilian Sweet Bread	100 cal
Plant Based Nuggets	214 cal
Corndog	240 cal
Banana Muffin Platter	387 cal
Potato Sticks	100 cal

BBQ PULLED PORK	300 cal
Hushpuppies	150 cal
Macaroni and Cheese	350 cal
Turkey and Cheese	337 cal
Sub	
PBJ Grape Sandwich Platter	461 cal
or	
Grape Soybuter Sandwich Platter	450 cal
or	
BBQ Baked Beans	205 cal

BEEF NACHOS W/TORTILLA CHIPS	428 cal
Dill Chicken Bites	236 cal
Dinner Roll	80 cal
Popcorn Chicken	312 cal
Salad	
Croutons	142 cal
Chocolate Chip Muffin Platter	417 cal
Sliced Sweet Plantains	280 cal

BEEF AND BROCCOLI RAMEN BOWL	505 cal
Meat Lovers	310 cal
Stromboli	
Marinara Dipping Cup	40 cal
Nashville Hot Chicken	466 cal
Wrap	
Strawberry Yogurt Parfait	277 cal
Mini Graham Bite	110 cal
Chortles	
Peas and Carrots	74 cal

CHICKEN AND MASHED POTATO BOWL	420 cal
Classic Whole Grain Biscuit	159 cal
Grilled Cheese	320 cal
Chef Salad with Turkey and Egg	208 cal
Croutons	284 cal
PBJ Grape Sandwich Platter	461 cal
or	
Grape Soybuter Sandwich Platter	450 cal
Corn	80 cal

CHICKEN PATTY SANDWICH	351 cal
Breaded Mozzarella Cheese Sticks	407 cal
Marinara Dipping Cup	40 cal
Chocolate Chip Muffin Platter	417 cal
Broccoli	38 cal
Pickle	4 cal

ASIAN CHICKEN BITES	221 cal
Dinner Roll	80 cal
Deep Dish Cheese	310 cal
Pizza	
Italian Sub	416 cal
PBJ Grape Sandwich Platter	461 cal
or	
Grape Soybuter Sandwich Platter	450 cal
Green Peas	89 cal

KIELBASA SUB	
Chicken Fajita	400 cal
Spanish Rice	230 cal
Grilled Chicken Caesar Salad	158 cal
and	
Croutons	284 cal
Caesar Dressing	340 cal
Blueberry Muffin Platter	424 cal
Seasoned Red Beans	166 cal

PASTA PENNE WITH MEAT SAUCE	468 cal
or	
Penne Pasta	262 cal
Breadstick	110 cal
Chicken Tenders	292 cal
Mandarin Chicken	338 cal
Salad	
Croutons	142 cal
Turkey and Cheese	337 cal
Sub	
Broccoli	38 cal

CHICKEN ADOBO	383 cal
Brown Rice	99 cal
Wild Mike's Cheesy Bites	281 cal
Marinara Dipping Cup	40 cal
Chicken Tender Wrap	
PBJ Grape Sandwich Platter	461 cal
or	
Grape Soybuter Sandwich Platter	450 cal
Green Beans	40 cal

MINI TWIN CHEESEBURGERS	316 cal
Individual Cheese	330 cal
Pizza	
Blueberry Muffin Platter	424 cal
Potato Smiles	131 cal
Frozen Italian Ice	90 cal

Served every day:
● offered with

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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