



# Palm Beach County Public Schools Glades Central High

Lunch · October 2026

## Monday

- Chicken Patty Sandwich** 351 cal
- Hot Dog 309 cal
- Relish 15 cal
- Buffalo Chicken Bites 419 cal
- Italian Sub 416 cal
- Sweet Potato Waffle Fries 183 cal

No menu published

- BBQ Pulled Pork** 300 cal
- Hushpuppies 150 cal
- Macaroni and Cheese 350 cal
- Jamaican Beef Patty 460 cal
- Turkey and Cheese Sub 337 cal
- Turkey and Cheese Wrap 367 cal
- BBQ Baked Beans 205 cal

- Asian Chicken Bites** 331 cal
- Dinner Roll 80 cal
- Spicy Chicken Sandwich 350 cal
- Deep Dish Cheese Pizza 310 cal
- Italian Sub 416 cal
- Green Peas 89 cal

## Tuesday

- Walking Taco** 367 cal
- Salsa 25 cal
- and Shredded Lettuce 14 cal
- Sliced Jalapenos 493 cal
- Breaded Mozzarella Cheese Sticks 40 cal
- Marinara Dipping Cup 351 cal
- Dill Chicken Patty Sandwich 199 cal
- Grilled Chicken Salad 284 cal
- Croutons 417 cal
- Chocolate Chip Muffin Platter 142 cal
- Seasoned Black Beans

- Chicken Soft Taco** 397 cal
- Black Beans & Rice 136 cal
- and Salsa 25 cal
- Shredded Lettuce 14 cal
- Sliced Jalapenos 493 cal
- Hamburger 319 cal
- Cheeseburger 355 cal
- Meat Lovers Stromboli 310 cal
- Marinara Dipping Cup 40 cal
- Grilled Chicken Caesar Salad 158 cal
- Croutons 284 cal
- Caesar Dressing 340 cal
- Banana Muffin Platter 387 cal
- Yuca Fries 219 cal

- Beef Nachos w/Tortilla Chips** 428 cal
- Cheezy Hotz Chicken Bites 217 cal
- Dinner Roll 80 cal
- Dill Chicken Bites 378 cal
- Popcorn Chicken Salad 312 cal
- Croutons 142 cal
- Chocolate Chip Muffin Platter 417 cal
- Sliced Sweet Plantains 280 cal

- Kielbasa Sub** 400 cal
- Chicken Fajita 230 cal
- Spanish Rice 240 cal
- Grilled Chicken Caesar Salad 158 cal
- Croutons 284 cal
- and Caesar Dressing 340 cal
- Blueberry Muffin Platter 424 cal
- Seasoned Red Beans 166 cal

## Wednesday

- Orange Chicken** 388 cal
- Rice with Veggies 241 cal
- Macaroni and Cheese 350 cal
- Dinner Roll 80 cal
- Jamaican Beef Patty 460 cal
- Chicken Tender Wrap 142 cal
- Garden Salad with Egg & Cheese 284 cal
- Croutons 38 cal
- Broccoli

- Penne Pasta with Meatballs** 391 cal
- Breadstick 110 cal
- Breaded Mozzarella Cheese Sticks 493 cal
- Marinara Dipping Cup 40 cal
- Spicy Chicken Sandwich 350 cal
- Italian Sub 416 cal
- Yogurt & Cheese Cube Platter 400 cal
- Green Beans 40 cal

- Beef and Broccoli Ramen Bowl** 505 cal
- Cheese Stuffed Crust Wedge Pizza 309 cal
- Pepperoni Stuffed Crust Wedge Pizza 310 cal
- Spicy Chicken Sandwich 350 cal
- Nashville Hot Chicken Wrap 466 cal
- Strawberry Yogurt Parfait 277 cal
- Mini Graham Bite Chortles 220 cal
- Peas and Carrots 74 cal

- Pasta Penne with Meat Sauce** 468 cal
- Penne Pasta 262 cal
- Breadstick 110 cal
- Chicken Tenders 439 cal
- Meat Lovers Stromboli 310 cal
- Marinara Dipping Cup 40 cal
- Mandarin Chicken Salad 338 cal
- Croutons 142 cal
- Turkey and Cheese Sub 337 cal
- Turkey and Cheese Wrap 367 cal
- Broccoli 38 cal

## Thursday

- Hamburger** 319 cal
- Cheeseburger 355 cal
- Cheese Pizza Crunchers 661 cal
- Cheezy Hotz Chicken Bites 217 cal
- Dinner Roll 80 cal
- Popcorn Chicken Salad 312 cal
- Croutons 142 cal
- Potato Sticks 100 cal
- Pickle 4 cal

- Pierogies and Kielbasa** 313 cal
- Breadstick 110 cal
- Chicken Nuggets 236 cal
- Plant-Based Nuggets 256 cal
- Wild Mike's Cheesy Bites 422 cal
- Marinara Dipping Cup 40 cal
- Buffalo Chicken Bites Salad 329 cal
- Croutons 142 cal
- Tuscan Green Beans 48 cal

- Chicken and Vegetable Potstickers** 465 cal
- Deep Dish Cheese Pizza 310 cal
- Buffalo Chicken Bites 419 cal
- Chicken Tenders Salad 290 cal
- Croutons 142 cal
- Asian Broccoli 75 cal

- Chicken and Mashed Potato Bowl** 420 cal
- Classic Whole Grain Biscuit 159 cal
- Grilled Cheese Sandwich 320 cal
- Meat Lovers Stromboli 310 cal
- Marinara Dipping Cup 40 cal
- Chef Salad with Turkey and Egg 208 cal
- Croutons 284 cal
- Corn 80 cal

- Chicken Adobo** 383 cal
- Brown Rice 99 cal
- Wild Mike's Cheesy Bites 422 cal
- Marinara Dipping Cup 40 cal
- Jamaican Beef Patty 460 cal
- Chicken Tender Wrap 217 cal
- Green Beans 40 cal

## Friday

- Southern Hot Chicken and Waffle** 564 cal
- Wild Mike's Cheesy Bites 422 cal
- Marinara Dipping Cup 40 cal
- Jamaican Beef Patty 460 cal
- Blueberry Muffin Platter 424 cal
- Corn 80 cal

- Mini Twin Cheeseburgers** 316 cal
- Cheese Pizza Crunchers 661 cal
- Meat Lovers Stromboli 310 cal
- Marinara Dipping Cup 40 cal
- Chocolate Chip Muffin Platter 417 cal
- Potato Smiles 196 cal

- Chicken Nuggets** 236 cal
- Brazilian Sweet Bread 100 cal
- Plant-Based Nuggets 256 cal
- Corndog 240 cal
- Meat Trio Pizza 350 cal
- Banana Muffin Platter 387 cal
- Potato Sticks 100 cal

- Chicken Patty Sandwich** 351 cal
- Breaded Mozzarella Cheese Sticks 493 cal
- Marinara Dipping Cup 40 cal
- Fiesta Pizza 360 cal
- Chocolate Chip Muffin Platter 417 cal
- Broccoli 38 cal
- Pickle 4 cal

- Mini Twin Cheeseburgers** 316 cal
- Cheese Stuffed Crust Wedge Pizza 309 cal
- Pepperoni Stuffed Crust Wedge Pizza 310 cal
- Cheezy Hotz Chicken Bites 217 cal
- Dinner Roll 80 cal
- Blueberry Muffin Platter 424 cal
- Potato Smiles 196 cal
- Frozen Italian Ice 90 cal

### Served every day

or offered with · Grape PB&J Sandwich · Grape Soybutter Sandwich Platter