



LUNCH

OCTOBER 2026

Grassy Waters Elementary

Palm Beach County Public Schools



Monday

Tuesday

Wednesday

Thursday

Friday

5

- CHICKEN PATTY SANDWICH** 351 cal
- Hot Dog 309 cal
- offered with
- Relish 15 cal
- PBJ Grape Sandwich 461 cal
- Platter
- or
- Grape Soybuter Sandwich 450 cal
- Platter
- Sweet Potato Waffle 183 cal
- Fries

6

- WALKING TACO** 367 cal
- offered with
- Salsa 25 cal
- and
- Shredded Lettuce 14 cal
- Sour Cream 60 cal
- Taco Sauce 10 cal
- Breaded Mozzarella Cheese Sticks 407 cal
- Marinara Dipping Cup 40 cal
- Chocolate Chip Muffin 417 cal
- Platter
- Seasoned Black Beans 142 cal

7

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

8

- PIEROGIES AND KIELBASA** 313 cal
- offered with
- Breadstick 110 cal
- Chicken Nuggets 168 cal
- Plant Based Nuggets 214 cal
- PBJ Grape Sandwich 461 cal
- Platter
- or
- Grape Soybuter Sandwich 450 cal
- Platter
- Tuscan Green Beans 48 cal

9

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

12

No menu published

13

- CHICKEN SOFT TACO** 397 cal
- offered with
- Black Beans & Rice 136 cal
- and
- Salsa 25 cal
- Shredded Lettuce 14 cal
- Hamburger 319 cal
- or
- Cheeseburger 355 cal
- Banana Muffin Platter 387 cal
- Yuca Fries 219 cal

14

- IT'S CIRCUS RING PENNE PASTA WITH MEATBALLS TODAY!**
- Penne Pasta with Meatballs 391 cal
- offered with
- Breadstick 110 cal
- It's Acrobat Breaded Mozzarella Cheese Sticks Today!
- Breaded Mozzarella Cheese Sticks 407 cal
- Marinara Dipping Cup 40 cal
- Yogurt & Cheese 400 cal
- Cube Platter
- Green Beans 40 cal

15

- IT'S RINGLING CHICKEN & VEGETABLE POTSTICKERS WITH RAMEN TODAY!**
- Chicken & Vegetable Potstickers with Ramen 427 cal
- It's Trapeze Deep Dish Cheese Pizza Today!
- Deep Dish Cheese 310 cal
- Pizza
- PBJ Grape Sandwich 461 cal
- Platter
- or
- Grape Soybuter Sandwich 450 cal
- Platter
- Asian Broccoli 75 cal

16

- IT'S CLOWN CAR CHICKEN NUGGETS TODAY!**
- Chicken Nuggets 168 cal
- offered with
- Brazilian Sweet Bread 100 cal
- It's Plant-Powered Clown Car Nuggets Today!
- Plant Based Nuggets 214 cal
- It's Carnival Corndog Today!
- Cornog 240 cal
- Banana Muffin Platter 387 cal
- Potato Sticks 100 cal

19

- BBQ PULLED PORK** 300 cal
- offered with
- Hushpuppies 150 cal
- Macaroni and Cheese 350 cal
- PBJ Grape Sandwich 461 cal
- Platter
- or
- Grape Soybuter Sandwich 450 cal
- Platter
- BBQ Baked Beans 205 cal

20

- BEEF NACHOS W/TORTILLA CHIPS** 428 cal
- Dill Chicken Bites 236 cal
- offered with
- Dinner Roll 80 cal
- Chocolate Chip Muffin 417 cal
- Platter
- Sliced Sweet Plantains 280 cal

21

- BEEF AND BROCCOLI RAMEN BOWL** 505 cal
- Cheese Pizza 310 cal
- Strawberry Yogurt Parfait 164 cal
- offered with
- Mini Graham Bite 110 cal
- Chortles
- Peas and Carrots 74 cal

22

- CHICKEN AND MASHED POTATO BOWL** 420 cal
- offered with
- Classic Whole Grain Biscuit 159 cal
- Grilled Cheese Sandwich 320 cal
- PBJ Grape Sandwich 461 cal
- Platter
- or
- Grape Soybuter Sandwich 450 cal
- Platter
- Corn 80 cal

23

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

26

- ASIAN CHICKEN BITES** 221 cal
- offered with
- Dinner Roll 80 cal
- Deep Dish Cheese 310 cal
- Pizza
- PBJ Grape Sandwich 461 cal
- Platter
- or
- Grape Soybuter Sandwich 450 cal
- Platter
- Green Peas 89 cal

27

- KIELBASA SUB**
- Cornog 240 cal
- Blueberry Muffin 424 cal
- Platter
- Seasoned Red Beans 166 cal

28

- PASTA PENNE WITH MEAT SAUCE** 468 cal
- offered with
- Penne Pasta 262 cal
- offered with
- Breadstick 110 cal
- Chicken Tenders 292 cal
- Mini Mandarin Popcorn 335 cal
- Chicken Salad 142 cal
- Croutons 142 cal
- Broccoli 38 cal

29

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

30

- MINI TWIN CHEESEBURGERS** 316 cal
- Cheese Pizza 310 cal
- Blueberry Muffin 424 cal
- Platter
- Potato Smiles 131 cal
- Frozen Italian Ice 90 cal