



SUPPER

OCTOBER 2026

Grassy Waters 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 300 cal	
Sandwich with Cheese Stick (WG)	
Grape Soybutter 360 cal	
Sandwich with Cheese Stick (WG)	
100% Vegetable Blend 48 cal	
Juice	
Assorted Apple Sauce 53 cal	

7	
CHICKEN EGG ROLLS (WG) 300 cal	
Mini Loaf Combo 365 cal	
(WG) 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 300 cal	
Sandwich with Cheese Stick (WG)	
Grape Soybutter 360 cal	
Sandwich with Cheese Stick (WG)	
100% Vegetable Blend 60 cal	
Juice	
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 300 cal	
Sandwich with Cheese Stick (WG)	
Grape Soybutter 360 cal	
Sandwich with Cheese Stick (WG)	
100% Vegetable Blend 48 cal	
Juice	
Assorted Apple Sauce 53 cal	

14	
CHIPS AND DIP (WG) 376 cal	
offered with Salsa 25 cal	
Mini Loaf Combo 365 cal	
(WG) 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 300 cal	
Sandwich with Cheese Stick (WG)	
Grape Soybutter 360 cal	
Sandwich with Cheese Stick (WG)	
100% Vegetable Blend 60 cal	
Juice	
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 300 cal	
Sandwich with Cheese Stick (WG)	
Grape Soybutter 360 cal	
Sandwich with Cheese Stick (WG)	
100% Vegetable Blend 48 cal	
Juice	
Assorted Apple Sauce 53 cal	

21	
CHICKEN & CHEESE TACO CRISPUPS (WG) 354 cal	
Mini Loaf Combo 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 300 cal	
Sandwich with Cheese Stick (WG)	
Grape Soybutter 360 cal	
Sandwich with Cheese Stick (WG)	
100% Vegetable Blend 60 cal	
Juice	
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 300 cal	
Sandwich with Cheese Stick (WG)	
Grape Soybutter 360 cal	
Sandwich with Cheese Stick (WG)	
100% Vegetable Blend 48 cal	
Juice	
Assorted Apple Sauce 53 cal	

28	
CHICKEN EGG ROLLS (WG) 300 cal	
Mini Loaf Combo 365 cal	
(WG) 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 300 cal	
Sandwich with Cheese Stick (WG)	
Grape Soybutter 360 cal	
Sandwich with Cheese Stick (WG)	
100% Vegetable Blend 60 cal	
Juice	
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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