



LUNCH OCTOBER 2026

Heritage Elementary

Palm Beach County Public Schools



Monday

Tuesday

Wednesday

Thursday

Friday

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

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	407 cal
Sticks	
Marinara Dipping Cup	40 cal
Chocolate Chip Muffin	417 cal
Platter	
Seasoned Black Beans	142 cal

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

HAMBURGER	319 cal
or	
Cheeseburger	355 cal
Cheese Pizza	440 cal
Crunchers	
PBJ Grape Sandwich	461 cal
Platter	
Grape Soybutter Sandwich	450 cal
Platter	
Potato Sticks	100 cal
Pickle	4 cal

CHICKEN AND WAFFLE	530 cal
offered with	
Wild Mike's Cheesy	281 cal
Bites	
Marinara Dipping Cup	40 cal
Blueberry Muffin	424 cal
Platter	
Corn	80 cal

No menu published

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

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

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

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 Corn Dog Today!	
Corn Dog	240 cal
Banana Muffin Platter	387 cal
Potato Sticks	100 cal

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

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

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

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

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

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 Soybutter Sandwich	450 cal
Platter	
Green Peas	89 cal

KIELBASA SUB	
Corn Dog	240 cal
Blueberry Muffin	424 cal
Platter	
Seasoned Red Beans	166 cal

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

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

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