



LUNCH

OCTOBER 2026

Hidden Oaks K-8

Palm Beach County Public Schools



Monday

Tuesday

Wednesday

Thursday

Friday

5

CHICKEN PATTY SANDWICH	351 cal
Hot Dog	309 cal
Relish	15 cal
PB&J Grape Sandwich	461 cal
Platter	
or	
Grape Soybuttermilk Sandwich	450 cal
Sweet Potato Waffle Fries	183 cal

6

WALKING TACO	367 cal
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
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

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HAMBURGER	319 cal
or	
Cheeseburger	355 cal
Cheese Pizza	440 cal
Crunchers	
PB&J Grape Sandwich	461 cal
Platter	
Grape Soybuttermilk Sandwich	450 cal
Platter	
Potato Sticks	100 cal
Pickle	4 cal

2

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

12

No menu published

13

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
Banana Muffin Platter	387 cal
Yuca Fries	219 cal

14

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

15

CHICKEN & VEGETABLE POTSTICKERS WITH RAMEN	427 cal
Deep Dish Cheese Pizza	310 cal
PB&J Grape Sandwich	461 cal
Platter	
or	
Grape Soybuttermilk Sandwich	450 cal
Platter	
Asian Broccoli	75 cal

16

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

19

BBQ PULLED PORK	300 cal
Hushpuppies	150 cal
Macaroni and Cheese	350 cal
PB&J Grape Sandwich	461 cal
Platter	
or	
Grape Soybuttermilk Sandwich	450 cal
Platter	
BBQ Baked Beans	205 cal

20

BEEF NACHOS W/TORTILLA CHIPS	428 cal
Dill Chicken Bites	236 cal
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
Mini Graham Bite Chortles	110 cal
Peas and Carrots	74 cal

22

CHICKEN AND MASHED POTATO BOWL	420 cal
Classic Whole Grain Biscuit	159 cal
Meat Lovers Stromboli	310 cal
Marinara Dipping Cup	40 cal
PB&J Grape Sandwich	461 cal
Platter	
or	
Grape Soybuttermilk Sandwich	450 cal
Platter	
Corn	80 cal

23

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

26

ASIAN CHICKEN BITES	221 cal
Dinner Roll	80 cal
Deep Dish Cheese Pizza	310 cal
PB&J Grape Sandwich	461 cal
Platter	
or	
Grape Soybuttermilk Sandwich	450 cal
Platter	
Green Peas	89 cal

27

KIELBASA SUB	
Chicken Fajita	400 cal
Spanish Rice	230 cal
Blueberry Muffin	424 cal
Platter	
Seasoned Red Beans	166 cal

28

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

29

CHICKEN ADOBO	383 cal
Brown Rice	99 cal
Wild Mike's Cheesy Bites	281 cal
Marinara Dipping Cup	40 cal
PB&J Grape Sandwich	461 cal
Platter	
or	
Grape Soybuttermilk Sandwich	450 cal
Platter	
Green Beans	40 cal

30

MINI TWIN CHEESEBURGERS	316 cal
Cheese Stuffed Crust Wedge Pizza	309 cal
or	
Pepperoni Stuffed Crust Wedge Pizza	310 cal
Blueberry Muffin	424 cal
Platter	
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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