



# LUNCH OCTOBER 2026

## Howell Watkins Middle

Palm Beach County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

**CHICKEN PATTY SANDWICH**  
Hot Dog  
Relish  
Italian Sub  
Sweet Potato Waffle Fries

5

351 cal  
309 cal  
15 cal  
416 cal  
183 cal

**WALKING TACO**  
Salsa and  
Shredded Lettuce  
Sour Cream  
Sliced Jalapenos  
Breaded Mozzarella Cheese Sticks  
Marinara Dipping Cup  
Grilled Chicken Salad  
Croutons  
Chocolate Chip Muffin Platter  
Seasoned Black Beans

6

367 cal  
25 cal  
14 cal  
60 cal  
493 cal  
40 cal  
199 cal  
284 cal  
417 cal  
142 cal

**ORANGE CHICKEN**  
Rice with Veggies  
Macaroni and Cheese  
Dinner Roll  
Chicken Tender Wrap  
Garden Salad with Egg & Cheese  
Croutons  
Broccoli

7

388 cal  
241 cal  
350 cal  
80 cal  
142 cal  
284 cal  
38 cal

**HAMBURGER**  
Cheeseburger  
Cheezy Hotz Chicken Bites  
Dinner Roll  
Popcorn Chicken  
Salad  
Croutons  
Potato Sticks  
Pickle

1

319 cal  
355 cal  
217 cal  
80 cal  
312 cal  
142 cal  
100 cal  
4 cal

**SOUTHERN HOT CHICKEN AND WAFFLE**  
Wild Mike's Cheesy Bites  
Marinara Dipping Cup  
Blueberry Muffin Platter  
Corn

2

564 cal  
422 cal  
40 cal  
424 cal  
80 cal

**PIEROGIES AND KIELBASA**  
Breadstick  
Wild Mike's Cheesy Bites  
Marinara Dipping Cup  
Buffalo Chicken Bites  
Salad  
Croutons  
Tuscan Green Beans

8

313 cal  
110 cal  
422 cal  
40 cal  
329 cal  
142 cal  
48 cal

**MINI TWIN CHEESEBURGERS**  
Cheese Pizza  
Crunchers  
Chocolate Chip Muffin Platter  
Potato Smiles

9

316 cal  
661 cal  
417 cal  
196 cal

No menu published

12

**CHICKEN SOFT TACO**  
Black Beans & Rice and  
Salsa  
Shredded Lettuce  
Sliced Jalapenos  
Hamburger  
Cheeseburger  
Grilled Chicken Caesar Salad  
Croutons  
Caesar Dressing  
Banana Muffin Platter  
Yuca Fries

13

397 cal  
136 cal  
25 cal  
14 cal  
319 cal  
355 cal  
158 cal  
284 cal  
340 cal  
387 cal  
219 cal

**PENNE PASTA WITH MEATBALLS**  
Breadstick  
Breaded Mozzarella Cheese Sticks  
Marinara Dipping Cup  
Italian Sub  
Yogurt & Cheese  
Cube Platter  
Green Beans

14

391 cal  
110 cal  
493 cal  
40 cal  
416 cal  
400 cal  
40 cal

**CHICKEN & VEGETABLE POTSTICKERS WITH RAMEN**  
Deep Dish Cheese  
Pizza  
Chicken Tenders  
Salad  
Croutons  
Asian Broccoli

15

427 cal  
310 cal  
290 cal  
142 cal  
75 cal

**CHICKEN NUGGETS**  
Brazilian Sweet Bread  
Plant-Based Nuggets  
Meat Trio Pizza  
Wedge  
Banana Muffin Platter  
Potato Sticks

16

236 cal  
100 cal  
256 cal  
350 cal  
387 cal  
100 cal

**BBQ PULLED PORK**  
Hushpuppies  
Macaroni and Cheese  
Turkey and Cheese Sub  
Turkey and Cheese Wrap  
BBQ Baked Beans

19

300 cal  
150 cal  
350 cal  
337 cal  
367 cal  
205 cal

**BEEF NACHOS W/TORTILLA CHIPS**  
Cheezy Hotz Chicken Bites  
Dinner Roll  
Popcorn Chicken  
Salad  
Croutons  
Chocolate Chip Muffin Platter  
Sliced Sweet Plantains

20

428 cal  
217 cal  
80 cal  
312 cal  
142 cal  
417 cal  
280 cal

**BEEF AND BROCCOLI RAMEN BOWL**  
Cheese Stuffed Crust Wedge  
Pizza  
Pepperoni Stuffed Crust Wedge  
Pizza  
Nashville Hot Chicken Wrap  
Strawberry Yogurt Parfait  
Mini Graham Bite  
Chortles  
Peas and Carrots

21

505 cal  
309 cal  
310 cal  
466 cal  
277 cal  
110 cal  
74 cal

**CHICKEN AND MASHED POTATO BOWL**  
Classic Whole Grain Biscuit  
Meat Lovers  
Stromboli  
Marinara Dipping Cup  
Chef Salad with Turkey and Egg  
Croutons  
Corn

22

420 cal  
159 cal  
310 cal  
40 cal  
208 cal  
142 cal  
80 cal

**CHICKEN PATTY SANDWICH**  
Breaded Mozzarella Cheese Sticks  
Marinara Dipping Cup  
Chocolate Chip Muffin Platter  
Broccoli  
Pickle

23

351 cal  
493 cal  
40 cal  
417 cal  
38 cal  
4 cal

**SPICY CHICKEN SANDWICH**  
Deep Dish Cheese  
Pizza  
Italian Sub  
Green Peas

26

350 cal  
310 cal  
416 cal  
89 cal

**KIELBASA SUB**  
Chicken Fajita  
Spanish Rice  
Blueberry Muffin Platter  
Grilled Chicken Caesar Salad  
Croutons  
Caesar Dressing  
Seasoned Red Beans

27

400 cal  
230 cal  
424 cal  
158 cal  
284 cal  
340 cal  
166 cal

**PASTA PENNE WITH MEAT SAUCE**  
Penne Pasta  
Breadstick  
Chicken Tenders  
Mandarin Chicken Salad  
Croutons  
Turkey and Cheese Sub  
Turkey and Cheese Wrap  
Broccoli

28

468 cal  
262 cal  
110 cal  
439 cal  
338 cal  
142 cal  
337 cal  
367 cal  
38 cal

**CHICKEN ADOBO**  
Brown Rice  
Wild Mike's Cheesy Bites  
Marinara Dipping Cup  
Chicken Tender Wrap  
Green Beans

29

383 cal  
99 cal  
422 cal  
40 cal  
40 cal

**MINI TWIN CHEESEBURGERS**  
Cheese Stuffed Crust Wedge  
Pizza  
Pepperoni Stuffed Crust Wedge  
Pizza  
Blueberry Muffin Platter  
Potato Smiles  
Frozen Italian Ice

30

316 cal  
309 cal  
310 cal  
424 cal  
196 cal  
90 cal

Served every day:

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

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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