



SUPPER OCTOBER 2026

Howell Watkins Middle

Palm Beach County Public Schools

Monday	Tuesday	Wednesday	Thursday	Friday
			1 GALAXY PIZZA (WG) 280 cal Grape PB&J Sandwich with Cheese Stick (WG) 371 cal or PB & Chocolate Sandwich with Cheese Stick (WG) 300 cal Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal 100% Vegetable Blend Juice 60 cal Apple Slices 29 cal	2 MINI TACO WEDGES (WG) 260 cal Turkey Ham & Cheese Lunch Kit (WG) 380 cal Fresh Grape Tomatoes 10 cal Ranch Dressing 60 cal 100% Fruit Juice 48 cal
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 Sandwich with Cheese Stick (WG) 300 cal Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal 100% Vegetable Blend Juice 48 cal Assorted Apple Sauce 53 cal	7 CHICKEN EGG ROLLS (WG) 300 cal Mini Loaf Combo (WG) 365 cal Fresh Cucumber Slices 14 cal 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 Sandwich with Cheese Stick (WG) 300 cal Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal 100% Vegetable Blend Juice 60 cal Apple Slices 29 cal	9 TOSTADA BOWL BEEF & CHEESE (WG) 278 cal Turkey & Cheese Lunch Kit (WG) 380 cal Fresh Baby Carrots 20 cal 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 Sandwich with Cheese Stick (WG) 300 cal Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal 100% Vegetable Blend Juice 48 cal Assorted Apple Sauce 53 cal	14 CHIPS AND DIP (WG) 376 cal offered with Salsa 25 cal Mini Loaf Combo (WG) 365 cal 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 Sandwich with Cheese Stick (WG) 300 cal Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal 100% Vegetable Blend Juice 60 cal 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 Sandwich with Cheese Stick (WG) 300 cal Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal 100% Vegetable Blend Juice 48 cal Assorted Apple Sauce 53 cal	21 CHICKEN & CHEESE TACO CRISPUPS (WG) 354 cal Mini Loaf Combo (WG) 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 Sandwich with Cheese Stick (WG) 300 cal Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal 100% Vegetable Blend Juice 60 cal 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 Sandwich with Cheese Stick (WG) 300 cal Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal 100% Vegetable Blend Juice 48 cal Assorted Apple Sauce 53 cal	28 CHICKEN EGG ROLLS (WG) 300 cal Mini Loaf Combo (WG) 365 cal 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 Sandwich with Cheese Stick (WG) 300 cal Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal 100% Vegetable Blend Juice 60 cal 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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