



LUNCH OCTOBER 2026

Independence 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

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
Cheesy 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
466 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 and
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 • Turkey & Cheese Sandwich

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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