



LUNCH OCTOBER 2026

Inlet Grove Community High School

Palm Beach County Public Schools

Monday	Tuesday	Wednesday	Thursday	Friday
			1 HAMBURGER or Cheeseburger Cheese Pizza Crunchers Popcorn Chicken Salad Croutons Grape PB&J Sandwich Grape Soybuter Sandwich Platter PBJ Grape Sandwich Platter Potato Sticks Pickle 319 cal 355 cal 661 cal 312 cal 142 cal 590 cal 450 cal 461 cal 100 cal 4 cal	2 SOUTHERN HOT CHICKEN AND WAFFLE Wild Mike's Cheesy Bites Marinara Dipping Cup Blueberry Muffin Platter Corn 564 cal 420 cal 40 cal 424 cal 80 cal
5 CHICKEN PATTY SANDWICH Hot Dog Relish Italian Sub Grape PB&J Sandwich or Grape Soybuter Sandwich Platter PBJ Grape Sandwich Platter Sweet Potato Waffle Fries 351 cal 310 cal 15 cal 416 cal 590 cal 450 cal 461 cal 183 cal	6 WALKING TACO Salsa and Shredded Lettuce Sour Cream Taco Sauce Sliced Jalapenos Breaded Mozzarella Cheese Sticks Marinara Dipping Cup Grilled Chicken Salad Croutons Chocolate Chip Muffin Platter Seasoned Black Beans 367 cal 25 cal 14 cal 60 cal 10 cal 493 cal 40 cal 199 cal 284 cal 417 cal 142 cal	7 ORANGE CHICKEN Rice with Veggies Macaroni and Cheese Dinner Roll Garden Salad with Egg & Cheese Croutons Chicken Tender Wrap Broccoli 388 cal 241 cal 350 cal 80 cal 142 cal 284 cal 38 cal	8 PIEROGIES AND KIELBASA Breadstick Chicken Nuggets Plant-Based Nuggets Buffalo Chicken Bites Salad Croutons or Grape PB&J Sandwich Grape Soybuter Sandwich Platter PBJ Grape Sandwich Platter Tuscan Green Beans 313 cal 110 cal 236 cal 256 cal 329 cal 142 cal 590 cal 450 cal 461 cal 48 cal	9 MINI TWIN CHEESEBURGERS Cheese Pizza Crunchers Chocolate Chip Muffin Platter Potato Smiles 316 cal 661 cal 417 cal 196 cal
12 No menu published	13 CHICKEN SOFT TACO Black Beans & Rice and Salsa Shredded Lettuce Taco Sauce Sliced Jalapenos Hamburger or Cheeseburger Grilled Chicken Caesar Salad Croutons Caesar Dressing Banana Muffin Platter Seasoned Black Beans 397 cal 136 cal 25 cal 14 cal 10 cal 319 cal 355 cal 158 cal 284 cal 340 cal 387 cal 142 cal	14 PENNE PASTA WITH MEATBALLS Breadstick Breaded Mozzarella Cheese Sticks Marinara Dipping Cup Italian Sub Yogurt & Cheese Cube Platter Green Beans 391 cal 110 cal 493 cal 40 cal 416 cal 400 cal 40 cal	15 CHICKEN & VEGETABLE POTSTICKERS WITH RAMEN High School Portion: Chicken and Vegetable Potstickers Deep Dish Cheese Pizza Chicken Tenders Salad Croutons Grape PB&J Sandwich or Grape Soybuter Sandwich Platter PBJ Grape Sandwich Platter Asian Broccoli 427 cal 465 cal 310 cal 290 cal 142 cal 590 cal 450 cal 461 cal 75 cal	16 CHICKEN NUGGETS Brazilian Sweet Bread Plant-Based Nuggets CornDog Banana Muffin Platter Potato Sticks 236 cal 100 cal 256 cal 240 cal 387 cal 100 cal
19 BBQ PULLED PORK Hushpuppies High School Portion: Macaroni and Cheese Turkey and Cheese Sub Grape PB&J Sandwich or Grape Soybuter Sandwich Platter PBJ Grape Sandwich Platter BBQ Baked Beans 300 cal 150 cal 350 cal 337 cal 590 cal 450 cal 461 cal 205 cal	20 BEEF NACHOS W/TORTILLA CHIPS Dill Chicken Bites Dinner Roll Popcorn Chicken Salad Croutons Chocolate Chip Muffin Platter Sliced Sweet Plantains 428 cal 378 cal 80 cal 312 cal 142 cal 417 cal 280 cal	21 BEEF AND BROCCOLI RAMEN BOWL Meat Lovers Stromboli Marinara Dipping Cup Nashville Hot Chicken Wrap Strawberry Yogurt Parfait Mini Graham Bite Chortles High School Portion: Peas and Carrots 505 cal 310 cal 40 cal 466 cal 277 cal 110 cal 74 cal	22 CHICKEN AND MASHED POTATO BOWL Classic Whole Grain Biscuit Grilled Cheese Sandwich Chef Salad with Turkey and Egg Croutons Grape PB&J Sandwich or Grape Soybuter Sandwich Platter PBJ Grape Sandwich Platter Corn 420 cal 159 cal 320 cal 208 cal 284 cal 590 cal 450 cal 461 cal 80 cal	23 CHICKEN PATTY SANDWICH Breaded Mozzarella Cheese Sticks Marinara Dipping Cup Pizza Chocolate Chip Muffin Platter Broccoli Pickle 351 cal 493 cal 40 cal 417 cal 38 cal 4 cal
26 ASIAN CHICKEN BITES Dinner Roll Deep Dish Cheese Pizza Italian Sub Grape PB&J Sandwich or Grape Soybuter Sandwich Platter PBJ Grape Sandwich Platter Green Peas 331 cal 80 cal 310 cal 416 cal 590 cal 450 cal 461 cal 89 cal	27 KIELBASA SUB CornDog Blueberry Muffin Platter Seasoned Red Beans 240 cal 424 cal 166 cal	28 PASTA PENNE WITH MEAT SAUCE or Penne Pasta Breadstick Chicken Tenders Turkey and Cheese Sub Mini Mandarin Popcorn Chicken Salad Croutons Broccoli 468 cal 262 cal 110 cal 439 cal 337 cal 335 cal 142 cal 38 cal	29 CHICKEN ADOBO Brown Rice Wild Mike's Cheesy Bites Marinara Dipping Cup Chicken Tender Wrap Grape PB&J Sandwich or Grape Soybuter Sandwich Platter PBJ Grape Sandwich Platter Green Beans 383 cal 99 cal 420 cal 40 cal 590 cal 450 cal 461 cal 40 cal	30 MINI TWIN CHEESEBURGERS Individual Cheese Pizza Blueberry Muffin Platter Potato Smiles Frozen Italian Ice 316 cal 330 cal 424 cal 196 cal 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.

nutrislice