



# PRE K LUNCH OCTOBER 2026

## J.C. Mitchell Elementary

Palm Beach County Public Schools



Monday

Tuesday

Wednesday

Thursday

Friday

**5**  
**GRILLED CHICKEN NUGGETS** 102 cal  
offered with  
Dinner Roll 80 cal  
Sweet Potato Fries 65 cal  
Fresh Fruit 72 cal  
Grape PB&J Sandwich with Cheese Stick (WG) 371 cal  
or  
Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

**6**  
**BREADED MOZZARELLA CHEESE STICKS** 328 cal  
offered with  
Marinara Dipping Cup 40 cal  
Seasoned Black Beans 71 cal  
Assorted Fruit Cups 65 cal  
or  
Assorted Apple Sauce 53 cal  
Chocolate Chip Mini Loaf Combo 280 cal

**7**  
**MACARONI AND CHEESE** 350 cal  
Broccoli 19 cal  
Fresh Fruit 72 cal  
Turkey & Cheese Croissant Sandwich 187 cal

**8**  
**POTATO AND CHEESE PIEROGIES** 126 cal  
Tuscan Green Beans 24 cal  
Assorted Fruit Cups 65 cal  
or  
Assorted Apple Sauce 53 cal  
Grape PB&J Sandwich with Cheese Stick (WG) 371 cal  
Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

**9**  
**CHEESE PIZZA CRUNCHERS** 330 cal  
Potato Smiles 65 cal  
Fresh Fruit 72 cal  
Chocolate Chip Mini Loaf Combo 280 cal

No menu published

**13**  
**POLLO ASADO** 105 cal  
offered with  
Black Beans & Rice 136 cal  
Yuca Fries 109 cal  
Assorted Fruit Cups 65 cal  
or  
Assorted Apple Sauce 53 cal  
Banana Mini Loaf Combo 330 cal

**14**  
**PENNE PASTA WITH MEATBALLS** 244 cal  
Green Beans 21 cal  
Fresh Fruit 72 cal  
Turkey & Cheese Croissant Sandwich 187 cal

**15**  
**MINI CHEESE PIZZA BAGEL** 259 cal  
Peas & Carrots 37 cal  
Assorted Fruit Cups 73 cal  
or  
Assorted Apple Sauce 53 cal  
Grape PB&J Sandwich with Cheese Stick (WG) 371 cal  
Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

**16**  
**CHICKEN NUGGETS** 135 cal  
Potato Sticks 50 cal  
Fresh Fruit 72 cal  
Banana Mini Loaf Combo 330 cal

**19**  
**MACARONI AND CHEESE** 350 cal  
BBQ Baked Beans 102 cal  
Fresh Fruit 72 cal  
Grape PB&J Sandwich with Cheese Stick (WG) 371 cal  
or  
Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

**20**  
**DILL CHICKEN BITES** 142 cal  
Sliced Sweet Plantains 140 cal  
Assorted Fruit Cups 65 cal  
or  
Assorted Apple Sauce 53 cal  
Chocolate Chip Mini Loaf Combo 280 cal

**21**  
**CHEESE PIZZA** 310 cal  
Peas & Carrots 37 cal  
Fresh Fruit 72 cal  
Turkey & Cheese Croissant Sandwich 187 cal

**22**  
**POPCORN CHICKEN** 240 cal  
Mashed Potatoes 60 cal  
Assorted Fruit Cups 65 cal  
or  
Assorted Apple Sauce 53 cal  
Grape PB&J Sandwich with Cheese Stick (WG) 371 cal  
Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

**23**  
**CHICKEN AND CHEESE SLIDER** 252 cal  
Broccoli 19 cal  
Fresh Fruit 72 cal  
Chocolate Chip Mini Loaf Combo 280 cal

**26**  
**ASIAN CHICKEN BITES** 166 cal  
Green Peas 45 cal  
Fresh Fruit 72 cal  
Grape PB&J Sandwich with Cheese Stick (WG) 371 cal  
or  
Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

**27**  
**CHICKEN TENDERS** 219 cal  
Seasoned Red Beans 83 cal  
Assorted Fruit Cups 65 cal  
or  
Assorted Apple Sauce 53 cal  
Blueberry Muffin Combo 276 cal

**28**  
**PENNE PASTA W/MEAT SAUCE & CHEESE STICK** 311 cal  
Broccoli 19 cal  
Fresh Fruit 72 cal  
Turkey & Cheese Croissant Sandwich 187 cal

**29**  
**WILD MIKE'S CHEESY BITES** 211 cal  
offered with  
Marinara Dipping Cup 40 cal  
Green Beans 21 cal  
Assorted Fruit Cups 65 cal  
or  
Assorted Apple Sauce 53 cal  
Grape PB&J Sandwich with Cheese Stick (WG) 371 cal  
Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

**30**  
**MINI TWIN CHEESEBURGERS** 316 cal  
Potato Smiles 65 cal  
Fresh Fruit 72 cal  
Blueberry Muffin Combo 276 cal

### Served every day:

Assorted Unflavored 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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