



Palm Beach County Public Schools

Jeaga Middle

Lunch · October 2026

Monday

- 5**
- 🍔 **Chicken Patty Sandwich** 351 cal
 - 🌭 Hot Dog 309 cal
 - 🥗 Relish 15 cal
 - 🍕 Italian Sub 416 cal
 - 🍟 Sweet Potato Waffle Fries 183 cal

No menu published

- 19**
- 🍖 **BBQ Pulled Pork** 300 cal
 - 🌭 Hushpuppies 150 cal
 - 🍝 Macaroni and Cheese 350 cal
 - 🍗 Turkey and Cheese Sub 337 cal
 - 🍗 Turkey and Cheese Wrap 367 cal
 - 🍲 BBQ Baked Beans 205 cal

- 26**
- 🌶️ **Spicy Chicken Sandwich** 350 cal
 - 🍕 Deep Dish Cheese Pizza 310 cal
 - 🍕 Italian Sub 416 cal
 - 🥬 Green Peas 89 cal

Tuesday

- 6**
- 🌮 **Walking Taco** 367 cal
 - 🥗 Salsa and Shredded Lettuce 25 cal
 - 🥗 Sour Cream Sliced Jalapenos 14 cal
 - 🧀 Breaded Mozzarella Cheese Sticks 493 cal
 - 🍷 Marinara Dipping Cup 40 cal
 - 🥗 Grilled Chicken Salad 199 cal
 - 🍞 Croutons 284 cal
 - 🍫 Chocolate Chip Muffin Platter 417 cal
 - 🍲 Seasoned Black Beans 142 cal

- 13**
- 🌮 **Chicken Soft Taco** 397 cal
 - 🍲 Black Beans & Rice 136 cal
 - 🥗 Salsa and Shredded Lettuce 25 cal
 - 🥗 Sliced Jalapenos 14 cal
 - 🍔 Hamburger 319 cal
 - 🍔 Cheeseburger 355 cal
 - 🥗 Grilled Chicken Caesar Salad 158 cal
 - 🍞 Croutons 284 cal
 - 🥗 Caesar Dressing 340 cal
 - 🍌 Banana Muffin Platter 387 cal
 - 🍌 Yuca Fries 219 cal

- 20**
- 🌮 **Beef Nachos w/Tortilla Chips** 428 cal
 - 🍗 Cheezy Hotz Chicken Bites 217 cal
 - 🍞 Dinner Roll 80 cal
 - 🍿 Popcorn Chicken Salad 312 cal
 - 🍞 Croutons 142 cal
 - 🍫 Chocolate Chip Muffin Platter 417 cal
 - 🍌 Sliced Sweet Plantains 280 cal

- 27**
- 🌮 **Kielbasa Sub** 400 cal
 - 🍗 Chicken Fajita 230 cal
 - 🍌 Spanish Rice 230 cal
 - 🍌 Blueberry Muffin Platter 424 cal
 - 🥗 Grilled Chicken Caesar Salad 158 cal
 - 🍞 Croutons 284 cal
 - 🥗 Caesar Dressing 340 cal
 - 🍲 Seasoned Red Beans 166 cal

Wednesday

- 7**
- 🍗 **Orange Chicken** 388 cal
 - 🍌 Rice with Veggies 241 cal
 - 🍝 Macaroni and Cheese 350 cal
 - 🍞 Dinner Roll 80 cal
 - 🍗 Chicken Tender Wrap 80 cal
 - 🥗 Garden Salad with Egg & Cheese 142 cal
 - 🍞 Croutons 284 cal
 - 🥬 Broccoli 38 cal

- 14**
- 🍝 **Penne Pasta with Meatballs** 391 cal
 - 🍞 Breadstick 110 cal
 - 🧀 Breaded Mozzarella Cheese Sticks 493 cal
 - 🍷 Marinara Dipping Cup 40 cal
 - 🍕 Italian Sub 416 cal
 - 🍌 Yogurt & Cheese 400 cal
 - 🍲 Cube Platter 40 cal
 - 🍲 Green Beans 40 cal

- 21**
- 🍖 **Beef and Broccoli Ramen Bowl** 505 cal
 - 🍕 Cheese Stuffed Crust Wedge Pizza 309 cal
 - 🍕 Pepperoni Stuffed Crust Wedge Pizza 310 cal
 - 🍗 Nashville Hot Chicken Wrap 466 cal
 - 🍌 Strawberry Yogurt Parfait 277 cal
 - 🍌 Mini Graham Bite Chortles 110 cal
 - 🥕 Peas and Carrots 74 cal

- 28**
- 🍝 **Pasta Penne with Meat Sauce** 468 cal
 - 🍝 Penne Pasta 262 cal
 - 🍞 Breadstick 110 cal
 - 🍗 Chicken Tenders 439 cal
 - 🥗 Mandarin Chicken Salad 338 cal
 - 🍞 Croutons 142 cal
 - 🍌 Turkey and Cheese Sub 337 cal
 - 🍗 Turkey and Cheese Wrap 367 cal
 - 🥬 Broccoli 38 cal

Thursday

- 1**
- 🍔 **Hamburger** 319 cal
 - 🍔 Cheeseburger 355 cal
 - 🍗 Cheezy Hotz Chicken Bites 217 cal
 - 🍞 Dinner Roll 80 cal
 - 🍿 Popcorn Chicken Salad 312 cal
 - 🍞 Croutons 142 cal
 - 🍌 Potato Sticks 100 cal
 - 🥒 Pickle 4 cal

- 8**
- 🥟 **Pierogies and Kielbasa** 313 cal
 - 🍞 Breadstick 110 cal
 - 🍗 Wild Mike's Cheesy Bites 422 cal
 - 🍷 Marinara Dipping Cup 40 cal
 - 🍗 Buffalo Chicken Bites 329 cal
 - 🍞 Croutons 142 cal
 - 🥬 Tuscan Green Beans 48 cal

- 15**
- 🍗 **Chicken & Vegetable Potstickers with Ramen** 427 cal
 - 🍕 Deep Dish Cheese Pizza 310 cal
 - 🍗 Chicken Tenders 290 cal
 - 🥗 Salad 75 cal
 - 🍞 Croutons 142 cal
 - 🥬 Asian Broccoli 75 cal

- 22**
- 🍗 **Chicken and Mashed Potato Bowl** 420 cal
 - 🍌 Classic Whole Grain Biscuit 159 cal
 - 🍗 Meat Lovers Stromboli 310 cal
 - 🍷 Marinara Dipping Cup 40 cal
 - 🥗 Chef Salad with Turkey and Egg 208 cal
 - 🍞 Croutons 142 cal
 - 🌽 Corn 80 cal

- 29**
- 🍗 **Chicken Adobo** 383 cal
 - 🍌 Brown Rice 99 cal
 - 🍗 Wild Mike's Cheesy Bites 422 cal
 - 🍷 Marinara Dipping Cup 40 cal
 - 🍗 Chicken Tender Wrap 310 cal
 - 🥬 Green Beans 40 cal

Friday

- 2**
- 🍗 **Southern Hot Chicken and Waffle** 564 cal
 - 🍗 Wild Mike's Cheesy Bites 422 cal
 - 🍷 Marinara Dipping Cup 40 cal
 - 🍌 Blueberry Muffin Platter 424 cal
 - 🌽 Corn 80 cal

- 9**
- 🍔 **Mini Twin Cheeseburgers** 316 cal
 - 🍕 Cheese Pizza Crunchers 661 cal
 - 🍫 Chocolate Chip Muffin Platter 417 cal
 - 🍌 Potato Smiles 196 cal

- 16**
- 🍗 **Chicken Nuggets** 236 cal
 - 🍌 Brazilian Sweet Bread 100 cal
 - 🍌 Plant-Based Nuggets 256 cal
 - 🍕 Meat Trio Pizza Wedge 350 cal
 - 🍌 Banana Muffin Platter 387 cal
 - 🍌 Potato Sticks 100 cal

- 23**
- 🍔 **Chicken Patty Sandwich** 351 cal
 - 🧀 Breaded Mozzarella Cheese Sticks 493 cal
 - 🍷 Marinara Dipping Cup 40 cal
 - 🍫 Chocolate Chip Muffin Platter 417 cal
 - 🥬 Broccoli 38 cal
 - 🥒 Pickle 4 cal

- 30**
- 🍔 **Mini Twin Cheeseburgers** 316 cal
 - 🍕 Cheese Stuffed Crust Wedge Pizza 309 cal
 - 🍕 Pepperoni Stuffed Crust Wedge Pizza 310 cal
 - 🍌 Blueberry Muffin Platter 424 cal
 - 🍌 Potato Smiles 196 cal
 - 🍌 Frozen Italian Ice 90 cal

Served every day

🥗 or 🥗 offered with · 🍌 Grape PB&J Sandwich · 🍌 Grape Soybutter Sandwich Platter