



LUNCH OCTOBER 2026

Jupiter Middle

Palm Beach County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

- 5**
- CHICKEN PATTY SANDWICH 351 cal
 - Hot Dog 309 cal
 - Relish 15 cal
 - Italian Sub 416 cal
 - Sweet Potato Waffle Fries 183 cal

- 6**
- WALKING TACO 367 cal
 - Salsa and Shredded Lettuce 25 cal
 - Sour Cream 14 cal
 - Sliced Jalapenos 60 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

- 7**
- ORANGE CHICKEN 388 cal
 - Rice with Veggies 241 cal
 - Macaroni and Cheese 350 cal
 - Dinner Roll 80 cal
 - Chicken Tender Wrap 142 cal
 - Garden Salad with Egg & Cheese 284 cal
 - Croutons 38 cal
 - Broccoli

- 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

- 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

- 8**
- PIEROGIES AND KIELBASA 313 cal
 - Breadstick 110 cal
 - Wild Mike's Cheesy Bites 422 cal
 - Marinara Dipping Cup 40 cal
 - Buffalo Chicken Bites Salad 329 cal
 - Croutons 142 cal
 - Tuscan Green Beans 48 cal

- 9**
- MINI TWIN CHEESEBURGERS 316 cal
 - Cheese Pizza 661 cal
 - Crunchers
 - Chocolate Chip Muffin Platter 417 cal
 - Potato Smiles 196 cal

No menu published

- 13**
- CHICKEN SOFT TACO 397 cal
 - Black Beans & Rice and Salsa 136 cal
 - 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

- 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 Cube Platter 400 cal
 - Green Beans 40 cal

- 15**
- CHICKEN & VEGETABLE POTSTICKERS WITH RAMEN 427 cal
 - Deep Dish Cheese Pizza 310 cal
 - Chicken Tenders 290 cal
 - Salad 142 cal
 - Croutons 75 cal
 - Asian Broccoli

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

- 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

- 20**
- BEEF NACHOS W/TORTILLA CHIPS 428 cal
 - Cheezy Hotz Chicken Bites 217 cal
 - Dinner Roll 80 cal
 - Popcorn Chicken 312 cal
 - Croutons 142 cal
 - Chocolate Chip Muffin Platter 417 cal
 - Sliced Sweet Plantains 280 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 110 cal
 - Chortles 142 cal
 - Peas and Carrots 74 cal

- 22**
- CHICKEN AND MASHED POTATO BOWL 420 cal
 - Classic Whole Grain Biscuit 159 cal
 - Meat Lovers 310 cal
 - Stromboli 40 cal
 - Marinara Dipping Cup 208 cal
 - Chef Salad with Turkey and Egg 142 cal
 - Croutons 80 cal
 - Corn

- 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

- 26**
- SPICY CHICKEN SANDWICH 350 cal
 - Deep Dish Cheese Pizza 310 cal
 - Italian Sub 416 cal
 - Green Peas 89 cal

- 27**
- KIELBASA SUB 400 cal
 - Chicken Fajita 230 cal
 - Spanish Rice 424 cal
 - Blueberry Muffin Platter 158 cal
 - Grilled Chicken Caesar Salad 284 cal
 - Croutons and Caesar Dressing 340 cal
 - Seasoned Red Beans 166 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

- 29**
- CHICKEN ADOBO 383 cal
 - Brown Rice 99 cal
 - Wild Mike's Cheesy Bites 422 cal
 - Marinara Dipping Cup 40 cal
 - Chicken Tender Wrap 40 cal
 - Green Beans

- 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 · 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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