



LUNCH OCTOBER 2026

Lake Worth High

Palm Beach County Public Schools

Monday	Tuesday	Wednesday	Thursday	Friday
			1 HAMBURGER Cheeseburger Cheese Pizza Crunchers Cheezy Hotz Chicken Bites Dinner Roll Popcorn Chicken Salad Croutons Potato Sticks Pickle 319 cal 355 cal 661 cal 217 cal 80 cal 312 cal 142 cal 100 cal 4 cal	2 SOUTHERN HOT CHICKEN AND WAFFLE Wild Mike's Cheesy Bites Marinara Dipping Cup Jamaican Beef Patty Blueberry Muffin Platter Corn 564 cal 422 cal 40 cal 460 cal 424 cal 80 cal
5 CHICKEN PATTY SANDWICH Hot Dog Relish Buffalo Chicken Bites Italian Sub Sweet Potato Waffle Fries 351 cal 309 cal 15 cal 419 cal 416 cal 183 cal	6 WALKING TACO Salsa and Shredded Lettuce Sliced Jalapenos Breaded Mozzarella Cheese Sticks Marinara Dipping Cup Dill Chicken Patty Grilled Chicken Salad Croutons Chocolate Chip Muffin Platter Seasoned Black Beans 367 cal 25 cal 14 cal 493 cal 40 cal 351 cal 199 cal 284 cal 417 cal 142 cal	7 ORANGE CHICKEN Rice with Veggies Macaroni and Cheese Dinner Roll Jamaican Beef Patty Chicken Tender Wrap Garden Salad with Egg & Cheese Croutons Broccoli 388 cal 241 cal 350 cal 80 cal 460 cal 142 cal 284 cal 38 cal	8 PIEROGIES AND KIELBASA Breadstick Chicken Nuggets Plant-Based Nuggets Wild Mike's Cheesy Bites Marinara Dipping Cup Buffalo Chicken Bites Salad Croutons Tuscan Green Beans 313 cal 110 cal 236 cal 256 cal 422 cal 40 cal 329 cal 142 cal 48 cal	9 MINI TWIN CHEESEBURGERS Cheese Pizza Crunchers Meat Lovers Stromboli Marinara Dipping Cup Chocolate Chip Muffin Platter Potato Smiles 316 cal 661 cal 310 cal 40 cal 417 cal 196 cal
12 No menu published	13 CHICKEN SOFT TACO Black Beans & Rice and Salsa Shredded Lettuce Sliced Jalapenos Hamburger Cheeseburger Meat Lovers Stromboli Marinara Dipping Cup Grilled Chicken Caesar Salad Croutons Caesar Dressing Banana Muffin Platter Yuca Fries 397 cal 136 cal 25 cal 14 cal 319 cal 355 cal 310 cal 40 cal 158 cal 284 cal 340 cal 387 cal 219 cal	14 PENNE PASTA WITH MEATBALLS Breadstick Breaded Mozzarella Cheese Sticks Marinara Dipping Cup Spicy Chicken Sandwich Italian Sub Yogurt & Cheese Cube Platter Green Beans 391 cal 110 cal 493 cal 40 cal 350 cal 416 cal 400 cal 40 cal	15 CHICKEN AND VEGETABLE POTSTICKERS Deep Dish Cheese Pizza Buffalo Chicken Bites Chicken Tenders Salad Croutons Asian Broccoli 465 cal 310 cal 419 cal 290 cal 142 cal 75 cal	16 CHICKEN NUGGETS Brazilian Sweet Bread Plant-Based Nuggets Corn dog Meat Trio Pizza Wedge Banana Muffin Platter Potato Sticks 236 cal 100 cal 256 cal 240 cal 350 cal 387 cal 100 cal
19 BBQ PULLED PORK Hushpuppies Macaroni and Cheese Jamaican Beef Patty Turkey and Cheese Sub Turkey and Cheese Wrap BBQ Baked Beans 300 cal 150 cal 350 cal 460 cal 337 cal 367 cal 205 cal	20 BEEF NACHOS W/TORTILLA CHIPS Cheezy Hotz Chicken Bites Dinner Roll Dill Chicken Bites Popcorn Chicken Salad Croutons Chocolate Chip Muffin Platter Sliced Sweet Plantains 428 cal 217 cal 80 cal 378 cal 312 cal 142 cal 417 cal 280 cal	21 BEEF AND BROCCOLI RAMEN BOWL Cheese Stuffed Crust Wedge Pizza Pepperoni Stuffed Crust Wedge Pizza Spicy Chicken Sandwich Nashville Hot Chicken Wrap Strawberry Yogurt Parfait Mini Graham Bite Chortles Peas and Carrots 505 cal 309 cal 310 cal 350 cal 466 cal 277 cal 220 cal 74 cal	22 CHICKEN AND MASHED POTATO BOWL Classic Whole Grain Biscuit Grilled Cheese Sandwich Meat Lovers Stromboli Marinara Dipping Cup Chef Salad with Turkey and Egg Croutons Corn 420 cal 159 cal 320 cal 310 cal 40 cal 208 cal 284 cal 80 cal	23 CHICKEN PATTY SANDWICH Breaded Mozzarella Cheese Sticks Marinara Dipping Cup Fiesta Pizza Chocolate Chip Muffin Platter Broccoli Pickle 351 cal 493 cal 40 cal 360 cal 417 cal 38 cal 4 cal
26 ASIAN CHICKEN BITES Dinner Roll Spicy Chicken Sandwich Deep Dish Cheese Pizza Italian Sub Green Peas 331 cal 80 cal 350 cal 310 cal 416 cal 89 cal	27 KIELBASA SUB Chicken Fajita Spanish Rice Corn dog Grilled Chicken Caesar Salad Croutons and Caesar Dressing Blueberry Muffin Platter Seasoned Red Beans 400 cal 230 cal 240 cal 158 cal 284 cal 340 cal 424 cal 166 cal	28 PASTA PENNE WITH MEAT SAUCE Penne Pasta Breadstick Chicken Tenders Meat Lovers Stromboli Marinara Dipping Cup Mandarin Chicken Salad Croutons Turkey and Cheese Sub Turkey and Cheese Wrap Broccoli 468 cal 262 cal 110 cal 439 cal 310 cal 40 cal 338 cal 142 cal 337 cal 367 cal 38 cal	29 CHICKEN ADOBO Brown Rice Wild Mike's Cheesy Bites Marinara Dipping Cup Jamaican Beef Patty Chicken Tender Wrap Green Beans 383 cal 99 cal 422 cal 40 cal 460 cal 40 cal	30 MINI TWIN CHEESEBURGERS Cheese Stuffed Crust Wedge Pizza Pepperoni Stuffed Crust Wedge Pizza Cheezy Hotz Chicken Bites Dinner Roll Blueberry Muffin Platter Potato Smiles Frozen Italian Ice 316 cal 309 cal 310 cal 217 cal 80 cal 424 cal 196 cal 90 cal

Served every day:

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

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