



PRE K LUNCH OCTOBER 2026

Lake Worth High

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

12

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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