



LUNCH OCTOBER 2026

Lake Worth Middle

Palm Beach County Public Schools

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5	
Chicken Patty Sandwich	351 cal
Hot Dog Relish	309 cal
Italian Sub	15 cal
Sweet Potato Waffle Fries	416 cal
	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	
Garden Salad with Egg & Cheese	142 cal
Croutons	284 cal
Broccoli	38 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 Crunchers	661 cal
Chocolate Chip Muffin Platter	417 cal
Potato Smiles	196 cal

12	
No menu published	

13	
Chicken Soft Taco	397 cal
Black Beans & Rice	136 cal
Salsa	25 cal
Shredded Lettuce	14 cal
Sliced Jalapenos	
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 Salad	290 cal
Croutons	142 cal
Asian Broccoli	75 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

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
Cheesy 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 Chortles	110 cal
Peas and Carrots	74 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

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	
Chicken Fajita	400 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

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	
Green Beans	40 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

EVERY DAY

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

Menu subject to change.