



LUNCH OCTOBER 2026

L.C. Swain 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 80 cal
	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
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13	Chicken Soft Taco 397 cal
	Black Beans & Rice 136 cal
	Salsa 25 cal
	Shredded Lettuce 14 cal
	Sliced Jalapenos 60 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 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 40 cal
	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.