



ESE PRE-K LUNCH OCTOBER 2026

Liberty Park Elementary

Palm Beach County Public Schools



Monday

Tuesday

Wednesday

Thursday

Friday

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

CHICKEN NUGGETS

135 cal

- Seasoned Black Beans 71 cal
- Assorted Fruit Cups 65 cal
- or
- Assorted Apple Sauce 53 cal
- Chocolate Chip Mini Loaf Combo 280 cal

MACARONI AND CHEESE

350 cal

- Broccoli 19 cal
- Fresh Fruit 72 cal
- Turkey & Cheese Croissant Sandwich 187 cal

HAMBURGER

319 cal

- or
- Cheeseburger 355 cal
- Potato Sticks 50 cal
- Assorted Fruit Cups 65 cal
- Assorted Apple Sauce 53 cal
- Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
- Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

CHICKEN TENDERS

219 cal

- Corn 42 cal
- Fresh Fruit 72 cal
- Blueberry Muffin Combo 276 cal

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

CHICKEN NUGGETS

135 cal

- Seasoned Black Beans 71 cal
- Assorted Fruit Cups 65 cal
- or
- Assorted Apple Sauce 53 cal
- Chocolate Chip Mini Loaf Combo 280 cal

MACARONI AND CHEESE

350 cal

- Broccoli 19 cal
- Fresh Fruit 72 cal
- Turkey & Cheese Croissant Sandwich 187 cal

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

MINI TWIN CHEESEBURGERS

316 cal

- Potato Smiles 65 cal
- Fresh Fruit 72 cal
- Chocolate Chip Mini Loaf Combo 280 cal

No menu published

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

PENNE PASTA WITH MEATBALLS

244 cal

- Green Beans 21 cal
- Fresh Fruit 72 cal
- Turkey & Cheese Croissant Sandwich 187 cal

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

CHICKEN NUGGETS

135 cal

- Potato Sticks 50 cal
- Fresh Fruit 72 cal
- Banana Mini Loaf Combo 330 cal

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

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

CHEESE PIZZA

310 cal

- Peas & Carrots 37 cal
- Fresh Fruit 72 cal
- Turkey & Cheese Croissant Sandwich 187 cal

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

CHICKEN AND CHEESE SLIDER

252 cal

- Broccoli 19 cal
- Fresh Fruit 72 cal
- Chocolate Chip Mini Loaf Combo 280 cal

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

POPCORN CHICKEN

240 cal

- Seasoned Red Beans 83 cal
- Assorted Fruit Cups 65 cal
- or
- Assorted Apple Sauce 53 cal
- Blueberry Muffin Combo 276 cal

PENNE PASTA W/MEAT SAUCE & CHEESE STICK

311 cal

- Broccoli 19 cal
- Fresh Fruit 72 cal
- Turkey & Cheese Croissant Sandwich 187 cal

CHICKEN TENDERS

219 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

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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