



Palm Beach County Public Schools
Lighthouse Elementary

Ese Pre-K Lunch · October 2026



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**
- 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

- 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**
- Mini Twin Cheeseburgers** 316 cal
 Potato Smiles 65 cal
 Fresh Fruit 72 cal
 Chocolate Chip Mini Loaf Combo 280 cal

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**
- 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

- 28**
- Penne Pasta w/Meat Sauce & Cheese Stick** 311 cal
 Broccoli 19 cal
 Fresh Fruit 72 cal
 Turkey & Cheese Croissant Sandwich 187 cal

- 29**
- 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

- 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