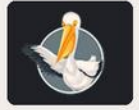




Palm Beach County Public Schools Lighthouse Elementary

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
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