



## PRE K LUNCH

# OCTOBER 2026

## Panther Run Elementary

Palm Beach County Public Schools



Monday

Tuesday

Wednesday

Thursday

Friday

5

|                                                 |         |
|-------------------------------------------------|---------|
| <b>GRILLED CHICKEN NUGGETS</b>                  | 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

|                                         |         |
|-----------------------------------------|---------|
| <b>BREADED MOZZARELLA CHEESE STICKS</b> | 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

|                                    |         |
|------------------------------------|---------|
| <b>MACARONI AND CHEESE</b>         | 350 cal |
| Broccoli                           | 19 cal  |
| Fresh Fruit                        | 72 cal  |
| Turkey & Cheese Croissant Sandwich | 187 cal |

8

|                                                 |         |
|-------------------------------------------------|---------|
| <b>POTATO AND CHEESE PIEROGIES</b>              | 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

|                                |         |
|--------------------------------|---------|
| <b>CHEESE PIZZA CRUNCHERS</b>  | 330 cal |
| Potato Smiles                  | 65 cal  |
| Fresh Fruit                    | 72 cal  |
| Chocolate Chip Mini Loaf Combo | 280 cal |

12

No menu published

13

|                        |         |
|------------------------|---------|
| <b>POLLO ASADO</b>     | 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

|                                    |         |
|------------------------------------|---------|
| <b>PENNE PASTA WITH MEATBALLS</b>  | 244 cal |
| Green Beans                        | 21 cal  |
| Fresh Fruit                        | 72 cal  |
| Turkey & Cheese Croissant Sandwich | 187 cal |

15

|                                                 |         |
|-------------------------------------------------|---------|
| <b>MINI CHEESE PIZZA BAGEL</b>                  | 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

|                        |         |
|------------------------|---------|
| <b>CHICKEN NUGGETS</b> | 135 cal |
| Potato Sticks          | 50 cal  |
| Fresh Fruit            | 72 cal  |
| Banana Mini Loaf Combo | 330 cal |

19

|                                                 |         |
|-------------------------------------------------|---------|
| <b>MACARONI AND CHEESE</b>                      | 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

|                                |         |
|--------------------------------|---------|
| <b>DILL CHICKEN BITES</b>      | 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

|                                    |         |
|------------------------------------|---------|
| <b>CHEESE PIZZA</b>                | 310 cal |
| Peas & Carrots                     | 37 cal  |
| Fresh Fruit                        | 72 cal  |
| Turkey & Cheese Croissant Sandwich | 187 cal |

22

|                                                 |         |
|-------------------------------------------------|---------|
| <b>POPCORN CHICKEN</b>                          | 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

|                                  |         |
|----------------------------------|---------|
| <b>CHICKEN AND CHEESE SLIDER</b> | 252 cal |
| Broccoli                         | 19 cal  |
| Fresh Fruit                      | 72 cal  |
| Chocolate Chip Mini Loaf Combo   | 280 cal |

26

|                                                 |         |
|-------------------------------------------------|---------|
| <b>ASIAN CHICKEN BITES</b>                      | 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

|                        |         |
|------------------------|---------|
| <b>CHICKEN TENDERS</b> | 219 cal |
| Seasoned Red Beans     | 83 cal  |
| Assorted Fruit Cups    | 65 cal  |
| or                     |         |
| Assorted Apple Sauce   | 53 cal  |
| Blueberry Muffin Combo | 276 cal |

28

|                                                    |         |
|----------------------------------------------------|---------|
| <b>PENNE PASTA W/MEAT SAUCE &amp; CHEESE STICK</b> | 311 cal |
| Broccoli                                           | 19 cal  |
| Fresh Fruit                                        | 72 cal  |
| Turkey & Cheese Croissant Sandwich                 | 187 cal |

29

|                                                 |         |
|-------------------------------------------------|---------|
| <b>WILD MIKE'S CHEESY BITES</b>                 | 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

|                                |         |
|--------------------------------|---------|
| <b>MINI TWIN CHEESEBURGERS</b> | 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.

nutrislice