



HEAD START LUNCH OCTOBER 2026

Pine Grove Elementary

Palm Beach County Public Schools



Monday

Tuesday

Wednesday

Thursday

Friday

GRILLED CHICKEN NUGGETS
offered with
Dinner Roll
Sweet Potato Fries
Fresh Fruit

102 cal
80 cal
65 cal
72 cal

CHICKEN NUGGETS
Seasoned Black Beans
Assorted Fruit Cups
or
Assorted Apple Sauce

135 cal
71 cal
65 cal
53 cal

MACARONI AND CHEESE
Broccoli
Fresh Fruit

350 cal
19 cal
72 cal

HAMBURGER
or
Cheeseburger
Potato Sticks
Assorted Fruit Cups
Assorted Apple Sauce

319 cal
355 cal
50 cal
65 cal
53 cal

CHICKEN TENDERS
Corn
Fresh Fruit

219 cal
42 cal
72 cal

POTATO AND CHEESE PIEROGIES
Tuscan Green Beans
Assorted Fruit Cups
or
Assorted Apple Sauce

126 cal
24 cal
65 cal
53 cal

MINI TWIN CHEESEBURGERS
Potato Smiles
Fresh Fruit

316 cal
65 cal
72 cal

No menu published

POLLO ASADO
offered with
Black Beans & Rice
Yuca Fries
Assorted Fruit Cups
or
Assorted Apple Sauce

105 cal
136 cal
109 cal
65 cal
53 cal

PENNE PASTA WITH MEATBALLS
Green Beans
Fresh Fruit

244 cal
21 cal
72 cal

MINI CHEESE PIZZA BAGEL
Peas & Carrots
Assorted Fruit Cups
or
Assorted Apple Sauce

259 cal
37 cal
73 cal
53 cal

CHICKEN NUGGETS
Potato Sticks
Fresh Fruit

135 cal
50 cal
72 cal

MACARONI AND CHEESE
BBQ Baked Beans
Fresh Fruit

350 cal
102 cal
72 cal

DILL CHICKEN BITES
Sliced Sweet Plantains
Assorted Fruit Cups
or
Assorted Apple Sauce

142 cal
140 cal
65 cal
53 cal

CHEESE PIZZA
Peas & Carrots
Fresh Fruit

310 cal
37 cal
72 cal

POPCORN CHICKEN
Mashed Potatoes
Assorted Fruit Cups
or
Assorted Apple Sauce

240 cal
60 cal
65 cal
53 cal

CHICKEN AND CHEESE SLIDER
Broccoli
Fresh Fruit

252 cal
19 cal
72 cal

ASIAN CHICKEN BITES
Green Peas
Fresh Fruit

166 cal
45 cal
72 cal

POPCORN CHICKEN
Seasoned Red Beans
Assorted Fruit Cups
or
Assorted Apple Sauce

240 cal
83 cal
65 cal
53 cal

PENNE PASTA W/MEAT SAUCE & CHEESE STICK
Broccoli
Fresh Fruit

311 cal
19 cal
72 cal

CHICKEN TENDERS
Green Beans
Assorted Fruit Cups
or
Assorted Apple Sauce

219 cal
21 cal
65 cal
53 cal

MINI TWIN CHEESEBURGERS
Potato Smiles
Fresh Fruit

316 cal
65 cal
72 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