



# HEAD START LUNCH OCTOBER 2026

## Pleasant City Elementary

Palm Beach County Public Schools



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

1

**HAMBURGER** 319 cal  
or  
 **Cheeseburger** 355 cal  
 **Potato Sticks** 50 cal  
 **Assorted Fruit Cups** 65 cal  
 **Assorted Apple Sauce** 53 cal

2

**CHICKEN TENDERS** 219 cal  
 **Corn** 42 cal  
 **Fresh Fruit** 72 cal

5

**GRILLED CHICKEN NUGGETS** 102 cal  
 offered with **Dinner Roll** 80 cal  
 **Sweet Potato Fries** 65 cal  
 **Fresh Fruit** 72 cal

6

**CHICKEN NUGGETS** 135 cal  
 **Seasoned Black Beans** 71 cal  
 **Assorted Fruit Cups** 65 cal  
or  
 **Assorted Apple Sauce** 53 cal

7

**MACARONI AND CHEESE** 350 cal  
 **Broccoli** 19 cal  
 **Fresh Fruit** 72 cal

8

**POTATO AND CHEESE PIEROGIES** 126 cal  
 **Tuscan Green Beans** 24 cal  
 **Assorted Fruit Cups** 65 cal  
or  
 **Assorted Apple Sauce** 53 cal

9

**MINI TWIN CHEESEBURGERS** 316 cal  
 **Potato Smiles** 65 cal  
 **Fresh Fruit** 72 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

14

**PENNE PASTA WITH MEATBALLS** 244 cal  
 **Green Beans** 21 cal  
 **Fresh Fruit** 72 cal

15

**MINI CHEESE PIZZA BAGEL** 259 cal  
 **Peas & Carrots** 37 cal  
 **Assorted Fruit Cups** 73 cal  
or  
 **Assorted Apple Sauce** 53 cal

16

**CHICKEN NUGGETS** 135 cal  
 **Potato Sticks** 50 cal  
 **Fresh Fruit** 72 cal

19

**MACARONI AND CHEESE** 350 cal  
 **BBQ Baked Beans** 102 cal  
 **Fresh Fruit** 72 cal

20

**DILL CHICKEN BITES** 142 cal  
 **Sliced Sweet Plantains** 140 cal  
 **Assorted Fruit Cups** 65 cal  
or  
 **Assorted Apple Sauce** 53 cal

21

**CHEESE PIZZA** 310 cal  
 **Peas & Carrots** 37 cal  
 **Fresh Fruit** 72 cal

22

**POPCORN CHICKEN** 240 cal  
 **Mashed Potatoes** 60 cal  
 **Assorted Fruit Cups** 65 cal  
or  
 **Assorted Apple Sauce** 53 cal

23

**CHICKEN AND CHEESE SLIDER** 252 cal  
 **Broccoli** 19 cal  
 **Fresh Fruit** 72 cal

26

**ASIAN CHICKEN BITES** 166 cal  
 **Green Peas** 45 cal  
 **Fresh Fruit** 72 cal

27

**POPCORN CHICKEN** 240 cal  
 **Seasoned Red Beans** 83 cal  
 **Assorted Fruit Cups** 65 cal  
or  
 **Assorted Apple Sauce** 53 cal

28

**PENNE PASTA W/MEAT SAUCE & CHEESE STICK** 311 cal  
 **Broccoli** 19 cal  
 **Fresh Fruit** 72 cal

29

**CHICKEN TENDERS** 219 cal  
 **Green Beans** 21 cal  
 **Assorted Fruit Cups** 65 cal  
or  
 **Assorted Apple Sauce** 53 cal

30

**MINI TWIN CHEESEBURGERS** 316 cal  
 **Potato Smiles** 65 cal  
 **Fresh Fruit** 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