



LUNCH OCTOBER 2026

Plumosa School of the Arts K-8

Palm Beach County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

5

CHICKEN PATTY SANDWICH 351 cal
 Hot Dog 309 cal
 Relish 15 cal
 PBJ Grape Sandwich 461 cal
Platter
or
 Grape Soybuter Sandwich 450 cal
Platter
 Sweet Potato Waffle 183 cal
Fries

6

WALKING TACO 367 cal
 Salsa 25 cal
and
 Shredded Lettuce 14 cal
 Sour Cream 60 cal
 Taco Sauce 10 cal
 Breaded Mozzarella Cheese Sticks 407 cal
 Marinara Dipping Cup 40 cal
 Chocolate Chip Muffin 417 cal
Platter
 Seasoned Black Beans 142 cal

7

ORANGE CHICKEN 388 cal
 Rice with Veggies 241 cal
 Macaroni and Cheese 350 cal
 Dinner Roll 80 cal
 Garden Salad with Egg & Cheese 142 cal
 Croutons 284 cal
 Broccoli 38 cal

1

HAMBURGER 319 cal
or
 Cheeseburger 355 cal
 Cheese Pizza 440 cal
 Crunchers
 PBJ Grape Sandwich 461 cal
Platter
 Grape Soybuter Sandwich 450 cal
Platter
 Potato Sticks 100 cal
 Pickle 4 cal

2

CHICKEN AND WAFFLE 530 cal
 Wild Mike's Cheesy Bites 281 cal
 Marinara Dipping Cup 40 cal
 Blueberry Muffin 424 cal
Platter
 Corn 80 cal

No menu published

13

CHICKEN SOFT TACO 397 cal
 Black Beans & Rice 136 cal
and
 Salsa 25 cal
 Shredded Lettuce 14 cal
 Hamburger 319 cal
or
 Cheeseburger 355 cal
 Banana Muffin Platter 387 cal
 Yuca Fries 219 cal

14

PENNE PASTA WITH MEATBALLS 391 cal
 Breadstick 110 cal
 Breaded Mozzarella Cheese Sticks 407 cal
 Marinara Dipping Cup 40 cal
 Yogurt & Cheese 400 cal
Cube Platter
 Green Beans 40 cal

15

CHICKEN & VEGETABLE POTSTICKERS WITH RAMEN 427 cal
 Deep Dish Cheese 310 cal
 Pizza
 PBJ Grape Sandwich 461 cal
Platter
or
 Grape Soybuter Sandwich 450 cal
Platter
 Asian Broccoli 75 cal

16

CHICKEN NUGGETS 168 cal
 Brazilian Sweet Bread 100 cal
 Plant Based Nuggets 214 cal
 Corn dog 240 cal
 Banana Muffin Platter 387 cal
 Potato Sticks 100 cal

19

BBQ PULLED PORK 300 cal
 Hushuppies 150 cal
 Macaroni and Cheese 350 cal
 PBJ Grape Sandwich 461 cal
Platter
or
 Grape Soybuter Sandwich 450 cal
Platter
 BBQ Baked Beans 205 cal

20

BEEF NACHOS W/TORTILLA CHIPS 428 cal
 Dill Chicken Bites 236 cal
 Dinner Roll 80 cal
 Chocolate Chip Muffin 417 cal
Platter
 Sliced Sweet Plantains 280 cal

21

BEEF AND BROCCOLI RAMEN BOWL 505 cal
 Cheese Pizza 310 cal
 Strawberry Yogurt Parfait 164 cal
 Mini Graham Bite Chortles 110 cal
 Peas and Carrots 74 cal

22

CHICKEN AND MASHED POTATO BOWL 420 cal
 Classic Whole Grain Biscuit 159 cal
 Meat Lovers Stromboli 310 cal
 Marinara Dipping Cup 40 cal
 PBJ Grape Sandwich 461 cal
Platter
or
 Grape Soybuter Sandwich 450 cal
Platter
 Corn 80 cal

23

CHICKEN PATTY SANDWICH 351 cal
 Breaded Mozzarella Cheese Sticks 407 cal
 Marinara Dipping Cup 40 cal
 Chocolate Chip Muffin 417 cal
Platter
 Broccoli 38 cal
 Pickle 4 cal

26

ASIAN CHICKEN BITES 221 cal
 Dinner Roll 80 cal
 Deep Dish Cheese 310 cal
 Pizza
 PBJ Grape Sandwich 461 cal
Platter
or
 Grape Soybuter Sandwich 450 cal
Platter
 Green Peas 89 cal

27

KIELBASA SUB 400 cal
 Chicken Fajita 230 cal
 Spanish Rice 424 cal
 Blueberry Muffin 424 cal
Platter
 Seasoned Red Beans 166 cal

28

PASTA PENNE WITH MEAT SAUCE 468 cal
or
 Penne Pasta 262 cal
 Breadstick 110 cal
 Chicken Tenders 292 cal
 Mandarin Chicken Salad 338 cal
 Croutons 142 cal
 Broccoli 38 cal

29

CHICKEN ADOBO 383 cal
 Brown Rice 99 cal
 Wild Mike's Cheesy Bites 281 cal
 Marinara Dipping Cup 40 cal
 PBJ Grape Sandwich 461 cal
Platter
or
 Grape Soybuter Sandwich 450 cal
Platter
 Green Beans 40 cal

30

MINI TWIN CHEESEBURGERS 316 cal
 Cheese Stuffed Crust Wedge Pizza 309 cal
or
 Pepperoni Stuffed Crust Wedge Pizza 310 cal
 Blueberry Muffin 424 cal
Platter
 Potato Smiles 131 cal
 Frozen Italian Ice 90 cal

Served every day:

offered with

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.

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