



LUNCH OCTOBER 2026

Polo Park Middle

Palm Beach County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

5
CHICKEN PATTY SANDWICH 351 cal
Hot Dog 309 cal
Relish 15 cal
Italian Sub 416 cal
Sweet Potato Waffle Fries 183 cal

6
WALKING TACO 367 cal
Salsa and 25 cal
Shredded Lettuce 14 cal
Sour Cream 60 cal
Sliced Jalapenos
Breaded Mozzarella Cheese Sticks 493 cal
Marinara Dipping Cup 40 cal
Grilled Chicken Salad 199 cal
Croutons 284 cal
Chocolate Chip Muffin Platter 417 cal
Seasoned Black Beans 142 cal

7
ORANGE CHICKEN 388 cal
Rice with Veggies 241 cal
Macaroni and Cheese 350 cal
Dinner Roll 80 cal
Chicken Tender Wrap
Garden Salad with Egg & Cheese 142 cal
Croutons 284 cal
Broccoli 38 cal

1
HAMBURGER 319 cal
Cheeseburger 355 cal
Cheezy Hotz Chicken Bites 217 cal
Dinner Roll 80 cal
Popcorn Chicken Salad 312 cal
Croutons 142 cal
Potato Sticks 100 cal
Pickle 4 cal

2
SOUTHERN HOT CHICKEN AND WAFFLE 564 cal
Wild Mike's Cheesy Bites 422 cal
Marinara Dipping Cup 40 cal
Blueberry Muffin Platter 424 cal
Corn 80 cal

8
PIEROGIES AND KIELBASA 313 cal
Breadstick 110 cal
Wild Mike's Cheesy Bites 422 cal
Marinara Dipping Cup 40 cal
Buffalo Chicken Bites Salad 329 cal
Croutons 142 cal
Tuscan Green Beans 48 cal

9
MINI TWIN CHEESEBURGERS 316 cal
Cheese Pizza 661 cal
Crunchers
Chocolate Chip Muffin Platter 417 cal
Potato Smiles 196 cal

12
No menu published

13
CHICKEN SOFT TACO 397 cal
Black Beans & Rice and 136 cal
Salsa 25 cal
Shredded Lettuce 14 cal
Sliced Jalapenos
Hamburger 319 cal
Cheeseburger 355 cal
Grilled Chicken Caesar Salad 158 cal
Croutons 284 cal
Caesar Dressing 340 cal
Banana Muffin Platter 387 cal
Yuca Fries 219 cal

14
PENNE PASTA WITH MEATBALLS 391 cal
Breadstick 110 cal
Breaded Mozzarella Cheese Sticks 493 cal
Marinara Dipping Cup 40 cal
Italian Sub 416 cal
Yogurt & Cheese Cube Platter 400 cal
Green Beans 40 cal

15
CHICKEN & VEGETABLE POTSTICKERS WITH RAMEN 427 cal
Deep Dish Cheese Pizza 310 cal
Chicken Tenders Salad 290 cal
Croutons 142 cal
Asian Broccoli 75 cal

16
CHICKEN NUGGETS 236 cal
Brazilian Sweet Bread 100 cal
Plant-Based Nuggets 256 cal
Meat Trio Pizza Wedge 350 cal
Banana Muffin Platter 387 cal
Potato Sticks 100 cal

19
BBQ PULLED PORK 300 cal
Hushpuppies 150 cal
Macaroni and Cheese 350 cal
Turkey and Cheese Sub 337 cal
Turkey and Cheese Wrap 367 cal
BBQ Baked Beans 205 cal

20
BEEF NACHOS W/TORTILLA CHIPS 428 cal
Cheezy Hotz Chicken Bites 217 cal
Dinner Roll 80 cal
Popcorn Chicken Salad 312 cal
Croutons 142 cal
Chocolate Chip Muffin Platter 417 cal
Sliced Sweet Plantains 280 cal

21
BEEF AND BROCCOLI RAMEN BOWL 505 cal
Cheese Stuffed Crust Wedge Pizza 309 cal
Pepperoni Stuffed Crust Wedge Pizza 310 cal
Nashville Hot Chicken Wrap 466 cal
Strawberry Yogurt Parfait 277 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
Chef Salad with Turkey and Egg 208 cal
Croutons 142 cal
Corn 80 cal

23
CHICKEN PATTY SANDWICH 351 cal
Breaded Mozzarella Cheese Sticks 493 cal
Marinara Dipping Cup 40 cal
Chocolate Chip Muffin Platter 417 cal
Broccoli 38 cal
Pickle 4 cal

26
SPICY CHICKEN SANDWICH 350 cal
Deep Dish Cheese Pizza 310 cal
Italian Sub 416 cal
Green Peas 89 cal

27
KIELBASA SUB 400 cal
Chicken Fajita 230 cal
Spanish Rice 230 cal
Blueberry Muffin Platter 424 cal
Grilled Chicken Caesar Salad 158 cal
Croutons 284 cal
Caesar Dressing 340 cal
Seasoned Red Beans 166 cal

28
PASTA PENNE WITH MEAT SAUCE 468 cal
Penne Pasta 262 cal
Breadstick 110 cal
Chicken Tenders 439 cal
Mandarin Chicken Salad 338 cal
Croutons 142 cal
Turkey and Cheese Sub 337 cal
Turkey and Cheese Wrap 367 cal
Broccoli 38 cal

29
CHICKEN ADOBO 383 cal
Brown Rice 99 cal
Wild Mike's Cheesy Bites 422 cal
Marinara Dipping Cup 40 cal
Chicken Tender Wrap 40 cal
Green Beans 40 cal

30
MINI TWIN CHEESEBURGERS 316 cal
Cheese Stuffed Crust Wedge Pizza 309 cal
Pepperoni Stuffed Crust Wedge Pizza 310 cal
Blueberry Muffin Platter 424 cal
Potato Smiles 196 cal
Frozen Italian Ice 90 cal

Served every day:

or offered with Grape PB&J Sandwich · Grape Soybutter Sandwich Platter · Turkey & Cheese Sandwich

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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