



LUNCH OCTOBER 2026

Quantum High School

Palm Beach County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

5
CHICKEN PATTY SANDWICH 339 cal
Italian Sub 416 cal
Chocolate Chip Muffin Platter 417 cal
Romaine Salad 11 cal
Fresh Baby Carrots 20 cal

6
BREADED MOZZARELLA CHEESE STICKS 493 cal
offered with
Marinara Dipping Cup 40 cal
Grilled Chicken Salad 199 cal
Croutons 284 cal
Chocolate Chip Muffin Platter 417 cal
Corn & Bean Salsa 156 cal
Fresh Cucumber Slices 14 cal

7
JAMAICAN BEEF PATTY 460 cal
offered with
Taco Sauce 10 cal
Chicken Tender Wrap 417 cal
Chocolate Chip Muffin Platter 417 cal
Romaine Salad 11 cal
Fresh Baby Carrots 20 cal

8
WILD MIKE'S CHEESY BITES 422 cal
offered with
Marinara Dipping Cup 40 cal
Buffalo Chicken Bites 329 cal
Croutons 142 cal
Breadstick 110 cal
Chocolate Chip Muffin Platter 417 cal
Corn & Bean Salsa 156 cal
Fresh Cucumber Slices 14 cal

9
MINI TWIN CHEESEBURGERS 316 cal
Turkey and Cheese Wrap 367 cal
Chocolate Chip Muffin Platter 417 cal
Romaine Salad 11 cal
Fresh Baby Carrots 20 cal

No menu published

13
HAMBURGER 319 cal
Cheeseburger 355 cal
Grilled Chicken Caesar Salad 158 cal
offered with
Croutons 284 cal
and
Caesar Dressing 340 cal
Banana Muffin Platter 387 cal
Corn & Bean Salsa 156 cal
Fresh Cucumber Slices 14 cal

14
BREADED MOZZARELLA CHEESE STICKS 493 cal
offered with
Marinara Dipping Cup 40 cal
Yogurt & Cheese 400 cal
Cube Platter 387 cal
Banana Muffin Platter 387 cal
Romaine Salad 11 cal
Fresh Baby Carrots 20 cal

15
INDIVIDUAL CHEESE PIZZA 330 cal
Chicken Tenders 290 cal
offered with
Croutons 142 cal
Banana Muffin Platter 387 cal
Corn & Bean Salsa 156 cal
Fresh Cucumber Slices 14 cal

16
CHICKEN NUGGETS 236 cal
offered with
Brazilian Sweet Bread 100 cal
Plant-Based Nuggets 256 cal
Turkey and Cheese Sub 337 cal
Banana Muffin Platter 387 cal
Romaine Salad 11 cal
Fresh Baby Carrots 20 cal

19
JAMAICAN BEEF PATTY 460 cal
offered with
Taco Sauce 10 cal
Turkey and Cheese Sub 337 cal
Chocolate Chip Muffin Platter 417 cal
Romaine Salad 11 cal
Fresh Baby Carrots 20 cal

20
CHEEZY HOTZ CHICKEN BITES 217 cal
offered with
Dinner Roll 80 cal
Popcorn Chicken 312 cal
Salad 142 cal
Croutons 284 cal
Chocolate Chip Muffin Platter 417 cal
Corn & Bean Salsa 156 cal
Fresh Cucumber Slices 14 cal

21
INDIVIDUAL CHEESE PIZZA 330 cal
Nashville Hot Chicken 466 cal
Wrap 417 cal
Chocolate Chip Muffin Platter 417 cal
Romaine Salad 11 cal
Fresh Baby Carrots 20 cal

22
MEAT LOVERS STROMBOLI 310 cal
offered with
Marinara Dipping Cup 40 cal
Chef Salad with Turkey and Egg 208 cal
Croutons 284 cal
Chocolate Chip Muffin Platter 417 cal
Corn & Bean Salsa 156 cal
Fresh Cucumber Slices 14 cal

23
CHICKEN PATTY SANDWICH 351 cal
Italian Sub 416 cal
Chocolate Chip Muffin Platter 417 cal
Romaine Salad 11 cal
Fresh Baby Carrots 20 cal

26
INDIVIDUAL CHEESE PIZZA 330 cal
Italian Sub 416 cal
Blueberry Muffin Platter 424 cal
Romaine Salad 11 cal
Fresh Baby Carrots 20 cal

27
CORNDOG 240 cal
Grilled Chicken Caesar Salad 158 cal
offered with
Croutons 284 cal
and
Caesar Dressing 340 cal
Blueberry Muffin Platter 424 cal
Corn & Bean Salsa 156 cal
Fresh Cucumber Slices 14 cal

28
CHICKEN TENDERS 439 cal
Mandarin Chicken 338 cal
offered with
Croutons 142 cal
Breadstick 110 cal
Blueberry Muffin Platter 424 cal
Romaine Salad 11 cal
Fresh Baby Carrots 20 cal

29
WILD MIKE'S CHEESY BITES 422 cal
offered with
Marinara Dipping Cup 40 cal
Chicken Tender Wrap 424 cal
Blueberry Muffin Platter 424 cal
Romaine Salad 11 cal
Corn & Bean Salsa 156 cal
Fresh Cucumber Slices 14 cal

30
MINI TWIN CHEESEBURGERS 316 cal
Turkey and Cheese Sub 337 cal
Blueberry Muffin Platter 424 cal
Romaine Salad 11 cal
Fresh Baby Carrots 20 cal
Frozen Italian Ice 90 cal

Served every day:

or Grape PB&J Sandwich · Grape Soybutter Sandwich Platter

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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