



LUNCH OCTOBER 2026

RISE Academy
Palm Beach County Public Schools

Monday	Tuesday	Wednesday	Thursday	Friday
			★ HAMBURGER 319 cal or Cheeseburger 355 cal Cheese Pizza 661 cal Crunchers Popcorn Chicken 312 cal Salad Croutons 142 cal Grape PB&J Sandwich 590 cal Grape Soybuter Sandwich 450 cal Platter 461 cal PBJ Grape Sandwich 100 cal Potato Sticks 4 cal Pickle	★ SOUTHERN HOT CHICKEN AND WAFFLE 564 cal Wild Mike's Cheesy Bites 420 cal Marinara Dipping Cup 40 cal Blueberry Muffin 424 cal Platter Corn 80 cal
★ CHICKEN PATTY SANDWICH 351 cal Hot Dog 310 cal Relish 15 cal Italian Sub 416 cal Grape PB&J Sandwich 590 cal or Grape Soybuter Sandwich 450 cal Platter 461 cal PBJ Grape Sandwich 461 cal Sweet Potato Waffle Fries 183 cal	★ WALKING TACO 367 cal Salsa 25 cal and Shredded Lettuce 14 cal Sour Cream 60 cal Taco Sauce 10 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 417 cal Platter Seasoned Black Beans 142 cal	★ 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 Chicken Tender Wrap 38 cal Broccoli	★ PIEROGIES AND KIELBASA 313 cal Breadstick 110 cal Chicken Nuggets 236 cal Plant-Based Nuggets 256 cal Buffalo Chicken Bites 329 cal Salad Croutons 142 cal or Grape PB&J Sandwich 590 cal Grape Soybuter Sandwich 450 cal Platter 461 cal PBJ Grape Sandwich 461 cal Tuscan Green Beans 48 cal	★ MINI TWIN CHEESEBURGERS 316 cal Cheese Pizza 661 cal Crunchers Chocolate Chip Muffin 417 cal Platter Potato Smiles 196 cal
★ No menu published	★ CHICKEN SOFT TACO 397 cal Black Beans & Rice 136 cal and Salsa 25 cal Shredded Lettuce 14 cal Taco Sauce 10 cal Sliced Jalapenos Hamburger 319 cal or Cheeseburger 355 cal Grilled Chicken Caesar Salad 158 cal Croutons 284 cal Caesar Dressing 340 cal Banana Muffin Platter 387 cal Seasoned Black Beans 142 cal	★ 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 400 cal Cube Platter 40 cal Green Beans	★ CHICKEN & VEGETABLE POTSTICKERS WITH RAMEN 427 cal High School Portion: Chicken and Vegetable Potstickers 465 cal Deep Dish Cheese Pizza 310 cal Chicken Tenders 290 cal Salad Croutons 142 cal Grape PB&J Sandwich 590 cal or Grape Soybuter Sandwich 450 cal Platter 461 cal PBJ Grape Sandwich 461 cal Asian Broccoli 75 cal	★ CHICKEN NUGGETS 236 cal Brazilian Sweet Bread 100 cal Plant-Based Nuggets 256 cal Corn dog 240 cal Banana Muffin Platter 387 cal Potato Sticks 100 cal
★19 BBQ PULLED PORK 300 cal Hushpuppies 150 cal High School Portion: Macaroni and Cheese 350 cal Turkey and Cheese Sub 337 cal Grape PB&J Sandwich 590 cal or Grape Soybuter Sandwich 450 cal Platter 461 cal PBJ Grape Sandwich 461 cal BBQ Baked Beans 205 cal	★20 BEEF NACHOS W/TORTILLA CHIPS 428 cal Dill Chicken Bites 378 cal Dinner Roll 80 cal Popcorn Chicken 312 cal Salad Croutons 142 cal Chocolate Chip Muffin 417 cal Platter Sliced Sweet Plantains 280 cal	★21 BEEF AND BROCCOLI RAMEN BOWL 505 cal Meat Lovers 310 cal Stromboli Marinara Dipping Cup 40 cal Nashville Hot Chicken 466 cal Wrap Strawberry Yogurt Parfait 277 cal Mini Graham Bite 110 cal Chortles High School Portion: Peas and Carrots 74 cal	★22 CHICKEN AND MASHED POTATO BOWL 420 cal Classic Whole Grain Biscuit 159 cal Grilled Cheese 320 cal Sandwich Chef Salad with Turkey and Egg 208 cal Croutons 284 cal Grape PB&J Sandwich 590 cal or Grape Soybuter Sandwich 450 cal Platter 461 cal PBJ Grape Sandwich 461 cal Corn 80 cal	★23 CHICKEN PATTY SANDWICH 351 cal Breaded Mozzarella Cheese Sticks 493 cal Marinara Dipping Cup 40 cal Chocolate Chip Muffin 417 cal Platter Broccoli 38 cal Pickle 4 cal
★24 ASIAN CHICKEN BITES 331 cal Dinner Roll 80 cal Deep Dish Cheese Pizza 310 cal Italian Sub 416 cal Grape PB&J Sandwich 590 cal or Grape Soybuter Sandwich 450 cal Platter 461 cal PBJ Grape Sandwich 461 cal Green Peas 89 cal	★25 KIELBASA SUB 240 cal Corn dog 424 cal Blueberry Muffin Seasoned Red Beans 166 cal	★26 PASTA PENNE WITH MEAT SAUCE 468 cal or Penne Pasta 262 cal Breadstick 110 cal Chicken Tenders 439 cal Turkey and Cheese Sub 337 cal Mini Mandarin Popcorn 335 cal Chicken Salad 142 cal Croutons 38 cal Broccoli	★27 CHICKEN ADOBO 383 cal Brown Rice 99 cal Wild Mike's Cheesy Bites 420 cal Marinara Dipping Cup 40 cal Chicken Tender Wrap Grape PB&J Sandwich 590 cal or Grape Soybuter Sandwich 450 cal Platter 461 cal PBJ Grape Sandwich 461 cal Green Beans 40 cal	★28 MINI TWIN CHEESEBURGERS 316 cal Individual Cheese Pizza 330 cal Blueberry Muffin 424 cal Potato Smiles 196 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.

nutrislice