



ROYAL PALM PRE K LUNCH OCTOBER 2026

Royal Palm School

Palm Beach County Public Schools



Monday

Tuesday

Wednesday

Thursday

Friday

GRILLED CHICKEN NUGGETS

102 cal
served with
Dinner Roll 80 cal
Seasoned Black Beans 71 cal
Fresh Fruit 72 cal
Chocolate Chip Mini Loaf
Combo 280 cal

GRILLED CHEESE SANDWICH

320 cal
Corn 42 cal
Assorted Fruit Cups 65 cal
or
Assorted Apple Sauce 53 cal
Chocolate Chip Mini Loaf
Combo 280 cal

MINI TWIN CHEESEBURGERS

316 cal
Broccoli 19 cal
Fresh Fruit 72 cal
Chocolate Chip Mini Loaf
Combo 280 cal

BEEFARONI WITH CHEESE CUBES

292 cal
Tuscan Green Beans 24 cal
Assorted Fruit Cups 65 cal
or
Assorted Apple Sauce 53 cal
Chocolate Chip Mini Loaf
Combo 280 cal

MACARONI AND CHEESE

350 cal
Potato Smiles 65 cal
Fresh Fruit 72 cal
Chocolate Chip Mini Loaf
Combo 280 cal

No menu published

POLLO ASADO

105 cal
served with
Black Beans & Rice 136 cal
Yuca Fries 109 cal
Assorted Fruit Cups 65 cal
or
Assorted Apple Sauce 53 cal
Banana Mini Loaf
Combo 330 cal

PENNE PASTA WITH MEATBALLS

244 cal
Green Beans 21 cal
Fresh Fruit 72 cal
Banana Mini Loaf
Combo 330 cal

HAMBURGER

319 cal
or
Cheeseburger 355 cal
BBQ Baked Beans 102 cal
Assorted Fruit Cups 73 cal
Assorted Apple Sauce 53 cal
Banana Mini Loaf
Combo 330 cal

CHICKEN NUGGETS

135 cal
Potato Sticks 50 cal
Fresh Fruit 72 cal
Banana Mini Loaf
Combo 330 cal

MINI CHEESE PIZZA BAGEL

259 cal
BBQ Baked Beans 102 cal
Fresh Fruit 72 cal
Chocolate Chip Mini Loaf
Combo 280 cal

DILL CHICKEN BITES

142 cal
Sliced Sweet Plantains 140 cal
Assorted Fruit Cups 65 cal
or
Assorted Apple Sauce 53 cal
Chocolate Chip Mini Loaf
Combo 280 cal

MACARONI AND CHEESE

350 cal
Peas & Carrots 37 cal
Fresh Fruit 72 cal
Chocolate Chip Mini Loaf
Combo 280 cal

POPCORN CHICKEN

240 cal
Corn 42 cal
Assorted Fruit Cups 65 cal
or
Assorted Apple Sauce 53 cal
Chocolate Chip Mini Loaf
Combo 280 cal

CHICKEN AND CHEESE SLIDER

252 cal
Broccoli 19 cal
Fresh Fruit 72 cal
Chocolate Chip Mini Loaf
Combo 280 cal

MINI TWIN CHEESEBURGERS

316 cal
Sweet Potato Fries 65 cal
Fresh Fruit 72 cal
Blueberry Muffin
Combo 276 cal

CHICKEN FAJITA

served with
Spanish Rice
Seasoned Red Beans 83 cal
Assorted Fruit Cups 65 cal
or
Assorted Apple Sauce 53 cal
Blueberry Muffin
Combo 276 cal

PENNE PASTA W/MEAT SAUCE & CHEESE STICK

311 cal
Broccoli 19 cal
Fresh Fruit 72 cal
Blueberry Muffin
Combo 276 cal

GRILLED CHEESE SANDWICH

320 cal
Green Beans 21 cal
Assorted Fruit Cups 65 cal
or
Assorted Apple Sauce 53 cal
Blueberry Muffin
Combo 276 cal

CHICKEN TENDERS

219 cal
Potato Smiles 65 cal
Fresh Fruit 72 cal
Blueberry Muffin
Combo 276 cal

Served every day:

Assorted Unflavored Milk • Grape Soybutter Sandwich with Cheese Stick (WG)

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](#)