



CAFE SOL Y MAR OCTOBER 2026



Seminole Ridge High

Palm Beach County Public Schools



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
12 No menu published	13	14	15	16
19	20	21	22	23
26	27	28	29	30

Served every day:

Chicken and Cheese Quesadilla · Spicy Cheese Quesadilla · Beef and Cheese Burrito · Your choice of: · Cheesy Chorizo · or · Turkey Taco · 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