



# LUNCH

## OCTOBER 2026

# Somerst Academy JFK Charter School

Palm Beach County Public Schools

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

| 5  |                                 |         |
|----|---------------------------------|---------|
|    | Chicken Patty Sandwich          | 351 cal |
|    | Hot Dog                         | 309 cal |
|    | Relish                          | 15 cal  |
|    | PBJ Grape Sandwich Platter      | 461 cal |
| or |                                 |         |
|    | Grape Soybuter Sandwich Platter | 450 cal |
|    | Sweet Potato Waffle Fries       | 183 cal |

| 6 |                                  |         |
|---|----------------------------------|---------|
|   | Walking Taco                     | 367 cal |
|   | Salsa and Shredded Lettuce       | 25 cal  |
|   | Sour Cream                       | 60 cal  |
|   | Taco Sauce                       | 10 cal  |
|   | Breaded Mozzarella Cheese Sticks | 407 cal |
|   | Marinara Dipping Cup             | 40 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  |
|   | Garden Salad with Egg & Cheese | 142 cal |
|   | Croutons                       | 284 cal |
|   | Broccoli                       | 38 cal  |

| 1  |                                 |         |
|----|---------------------------------|---------|
|    | Hamburger                       | 319 cal |
| or |                                 |         |
|    | Cheeseburger                    | 355 cal |
|    | Cheese Pizza                    | 440 cal |
|    | Crunchers                       |         |
|    | PBJ Grape Sandwich Platter      | 461 cal |
|    | Grape Soybuter Sandwich Platter | 450 cal |
|    | Potato Sticks                   | 100 cal |
|    | Pickle                          | 4 cal   |

| 2 |                          |         |
|---|--------------------------|---------|
|   | Chicken and Waffle       | 530 cal |
|   | Wild Mike's Cheesy Bites | 281 cal |
|   | Marinara Dipping Cup     | 40 cal  |
|   | Blueberry Muffin Platter | 424 cal |
|   | Corn                     | 80 cal  |

| 8  |                                 |         |
|----|---------------------------------|---------|
|    | Pierogies and Kielbasa          | 313 cal |
|    | Breadstick                      | 110 cal |
|    | Chicken Nuggets                 | 168 cal |
|    | Plant Based Nuggets             | 214 cal |
|    | PBJ Grape Sandwich Platter      | 461 cal |
| or |                                 |         |
|    | Grape Soybuter Sandwich Platter | 450 cal |
|    | Tuscan Green Beans              | 48 cal  |

| 9 |                               |         |
|---|-------------------------------|---------|
|   | Mini Twin Cheeseburgers       | 316 cal |
|   | Cheese Pizza                  | 440 cal |
|   | Crunchers                     |         |
|   | Chocolate Chip Muffin Platter | 417 cal |
|   | Potato Smiles                 | 131 cal |

| 12 |                   |  |
|----|-------------------|--|
|    | No menu published |  |

| 13 |                              |         |
|----|------------------------------|---------|
|    | Chicken Soft Taco            | 397 cal |
|    | Black Beans & Rice and Salsa | 136 cal |
|    | Shredded Lettuce             | 25 cal  |
|    | Hamburger                    | 14 cal  |
| or |                              |         |
|    | Cheeseburger                 | 319 cal |
|    | Banana Muffin Platter        | 355 cal |
|    | Yuca Fries                   | 387 cal |
|    |                              | 219 cal |

| 14 |                                  |         |
|----|----------------------------------|---------|
|    | Penne Pasta with Meatballs       | 391 cal |
|    | Breadstick                       | 110 cal |
|    | Breaded Mozzarella Cheese Sticks | 407 cal |
|    | Marinara Dipping Cup             | 40 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 |
|    | PBJ Grape Sandwich Platter                 | 461 cal |
| or |                                            |         |
|    | Grape Soybuter Sandwich Platter            | 450 cal |
|    | Asian Broccoli                             | 75 cal  |

| 16 |                       |         |
|----|-----------------------|---------|
|    | Chicken Nuggets       | 168 cal |
|    | Brazilian Sweet Bread | 100 cal |
|    | Plant Based Nuggets   | 214 cal |
|    | Corn dog              | 240 cal |
|    | Banana Muffin Platter | 387 cal |
|    | Potato Sticks         | 100 cal |

| 19 |                                 |         |
|----|---------------------------------|---------|
|    | BBQ Pulled Pork                 | 300 cal |
|    | Hushpuppies                     | 150 cal |
|    | Macaroni and Cheese             | 350 cal |
|    | PBJ Grape Sandwich Platter      | 461 cal |
| or |                                 |         |
|    | Grape Soybuter Sandwich Platter | 450 cal |
|    | BBQ Baked Beans                 | 205 cal |

| 20 |                               |         |
|----|-------------------------------|---------|
|    | Beef Nachos w/Tortilla Chips  | 428 cal |
|    | Dill Chicken Bites            | 236 cal |
|    | Dinner Roll                   | 80 cal  |
|    | Chocolate Chip Muffin Platter | 417 cal |
|    | Sliced Sweet Plantains        | 280 cal |

| 21 |                              |         |
|----|------------------------------|---------|
|    | Beef and Broccoli Ramen Bowl | 505 cal |
|    | Cheese Pizza                 | 310 cal |
|    | Strawberry Yogurt Parfait    | 164 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  |
|    | PBJ Grape Sandwich Platter      | 461 cal |
| or |                                 |         |
|    | Grape Soybuter Sandwich Platter | 450 cal |
|    | Corn                            | 80 cal  |

| 23 |                                  |         |
|----|----------------------------------|---------|
|    | Chicken Patty Sandwich           | 351 cal |
|    | Breaded Mozzarella Cheese Sticks | 407 cal |
|    | Marinara Dipping Cup             | 40 cal  |
|    | Chocolate Chip Muffin Platter    | 417 cal |
|    | Broccoli                         | 38 cal  |
|    | Pickle                           | 4 cal   |

| 26 |                                 |         |
|----|---------------------------------|---------|
|    | Asian Chicken Bites             | 221 cal |
|    | Dinner Roll                     | 80 cal  |
|    | Deep Dish Cheese Pizza          | 310 cal |
|    | PBJ Grape Sandwich Platter      | 461 cal |
| or |                                 |         |
|    | Grape Soybuter Sandwich Platter | 450 cal |
|    | Green Peas                      | 89 cal  |

| 27 |                          |         |
|----|--------------------------|---------|
|    | Kielbasa Sub             |         |
|    | Chicken Fajita           | 400 cal |
|    | Spanish Rice             | 230 cal |
|    | Blueberry Muffin Platter | 424 cal |
|    | Seasoned Red Beans       | 166 cal |

| 28 |                             |         |
|----|-----------------------------|---------|
|    | Pasta Penne with Meat Sauce | 468 cal |
| or |                             |         |
|    | Penne Pasta                 | 262 cal |
|    | Breadstick                  | 110 cal |
|    | Chicken Tenders             | 292 cal |
|    | Mandarin Chicken            | 338 cal |
|    | Croutons                    | 142 cal |
|    | Broccoli                    | 38 cal  |

| 29 |                                 |         |
|----|---------------------------------|---------|
|    | Chicken Adobo                   | 383 cal |
|    | Brown Rice                      | 99 cal  |
|    | Wild Mike's Cheesy Bites        | 281 cal |
|    | Marinara Dipping Cup            | 40 cal  |
|    | PBJ Grape Sandwich Platter      | 461 cal |
| or |                                 |         |
|    | Grape Soybuter Sandwich Platter | 450 cal |
|    | Green Beans                     | 40 cal  |

| 30 |                                     |         |
|----|-------------------------------------|---------|
|    | Mini Twin Cheeseburgers             | 316 cal |
|    | Cheese Stuffed Crust Wedge Pizza    | 309 cal |
| or |                                     |         |
|    | Pepperoni Stuffed Crust Wedge Pizza | 310 cal |
|    | Blueberry Muffin Platter            | 424 cal |
|    | Potato Smiles                       | 131 cal |
|    | Frozen Italian Ice                  | 90 cal  |

### EVERY DAY

offered with

Menu subject to change.