



LUNCH OCTOBER 2026

SomerSet Academy Lakes

Palm Beach County Public Schools

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 Hamburger 319 cal or Cheeseburger 355 cal Cheese Pizza 661 cal Crunchers Secondary Portion PBJ Grape Sandwich 461 cal Platter Grape Soybuter Sandwich 450 cal Platter Potato Sticks 100 cal Pickle 4 cal Popcorn Chicken 312 cal Salad Croutons 142 cal	2 Chicken and Waffle 530 cal Secondary Portion Southern Hot Chicken and Waffle 564 cal Wild Mike's Cheesy Bites 422 cal Marinara Dipping Cup 40 cal Blueberry Muffin 424 cal Platter Corn 80 cal
5 Chicken Patty Sandwich 351 cal Hot Dog 310 cal Relish 15 cal PBJ Grape Sandwich 461 cal Platter Sweet Potato Waffle Fries 183 cal Italian Sub 416 cal	6 Walking Taco 367 cal Salsa 25 cal and Shredded Lettuce 14 cal Additional Secondary Selection Sliced Jalapenos 493 cal Breaded Mozzarella Cheese Sticks 493 cal Secondary Portion Marinara Dipping Cup 40 cal Chocolate Chip Muffin 417 cal Platter Seasoned Black Beans 142 cal Grilled Chicken 199 cal Salad Croutons 284 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 PBJ Grape Sandwich 461 cal Platter Broccoli 38 cal Chicken Tender Wrap	8 Pierogies and Kielbasa 313 cal Breadstick 110 cal Chicken Nuggets 236 cal Secondary Portion Plant-Based 256 cal Nuggets Tuscan Green Beans 48 cal Buffalo Chicken Bites Salad 329 cal Croutons 142 cal or	9 Mini Twin Cheeseburgers 316 cal Cheese Pizza 661 cal Crunchers Secondary Portion Chocolate Chip Muffin 417 cal Platter Potato Smiles 196 cal
12 No menu published	13 Chicken Soft Taco 397 cal Black Beans & Rice 136 cal and Salsa 25 cal Shredded Lettuce 14 cal Additional Secondary Selection Sliced Jalapenos 493 cal Meat Lovers Stromboli 310 cal Marinara Dipping Cup 40 cal Banana Muffin 387 cal Platter Yuca Fries 219 cal Grilled Chicken Caesar Salad 158 cal Croutons 284 cal Caesar Dressing 340 cal	14 Penne Pasta with Meatballs 391 cal Breadstick 110 cal Breaded Mozzarella Cheese Sticks 493 cal Secondary Portion Marinara Dipping Cup 40 cal Yogurt & Cheese Cube Platter 400 cal Green Beans 40 cal Italian Sub 416 cal	15 Chicken & Vegetable Potstickers with Ramen 427 cal High School Portion Chicken and Vegetable Potstickers 465 cal Deep Dish Cheese 310 cal Pizza PBJ Grape Sandwich 461 cal Platter Asian Broccoli 75 cal Chicken Tenders 290 cal Salad Croutons 142 cal	16 Chicken Nuggets 236 cal Secondary Portion Brazilian Sweet Bread 100 cal Plant-Based 256 cal Nuggets Corn dog 240 cal Banana Muffin 387 cal Platter Potato Sticks 100 cal
19 BBQ Pulled Pork 300 cal Hushpuppies 150 cal High School Portion Macaroni and Cheese 350 cal PBJ Grape Sandwich 461 cal Platter BBQ Baked Beans 205 cal Turkey and Cheese Sub 337 cal	20 Beef Nachos w/Tortilla Chips 428 cal Dill Chicken Bites 378 cal Secondary Portion Dinner Roll 80 cal Chocolate Chip Muffin 417 cal Platter Sliced Sweet 280 cal Plantains Popcorn Chicken 312 cal Salad Croutons 142 cal	21 Beef and Broccoli Ramen Bowl 505 cal Cheese Stuffed Crust Wedge Pizza 309 cal or Pepperoni Stuffed Crust Wedge Pizza 310 cal Strawberry Yogurt Parfait 277 cal Mini Graham Bite 220 cal Chortles 208 cal High School Portion 74 cal Peas and Carrots 466 cal Nashville Hot Chicken Wrap	22 Chicken and Mashed Potato Bowl 420 cal Classic Whole Grain Biscuit 159 cal Grilled Cheese 320 cal Sandwich PBJ Grape Sandwich 461 cal Platter Corn 80 cal Chef Salad with Turkey and Egg 208 cal Croutons 284 cal	23 Chicken Patty Sandwich 351 cal Breaded Mozzarella Cheese Sticks 493 cal Secondary Portion Marinara Dipping Cup 40 cal Chocolate Chip Muffin 417 cal Platter Broccoli 38 cal Pickle 4 cal
26 Asian Chicken Bites 331 cal Secondary Portion Dinner Roll 80 cal Deep Dish Cheese 310 cal Pizza PBJ Grape Sandwich 461 cal Platter Green Peas 89 cal Italian Sub 416 cal	27 Kielbasa Sub 240 cal Corndog 424 cal Blueberry Muffin 417 cal Platter Seasoned Red Beans 166 cal Grilled Chicken Caesar Salad 158 cal Croutons 284 cal and Caesar Dressing 340 cal	28 Pasta Penne with Meat Sauce 468 cal or Penne Pasta 262 cal Breadstick 110 cal Chicken Tenders 439 cal Secondary Portion Mini Mandarin Popcorn Chicken Salad 335 cal Croutons 142 cal Broccoli 38 cal Turkey and Cheese Sub 337 cal	29 Chicken Adobo 383 cal Brown Rice 99 cal Wild Mike's Cheesy Bites 281 cal Secondary Portion Marinara Dipping Cup 40 cal PBJ Grape Sandwich 461 cal Platter Green Beans 40 cal Chicken Tender Wrap	30 Mini Twin Cheeseburgers 316 cal Meat Lovers Stromboli 310 cal Marinara Dipping Cup 40 cal Blueberry Muffin 424 cal Platter Potato Smiles 196 cal Secondary Portion Frozen Italian Ice 90 cal

EVERY DAY

- offered with
- Grape PB&J Sandwich

Menu subject to change.