



PRE K LUNCH

OCTOBER 2026

Spanish River High

Palm Beach County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

5	
	GRILLED CHICKEN NUGGETS 102 cal
	offered with
	Dinner Roll 80 cal
	Sweet Potato Fries 65 cal
	Fresh Fruit 72 cal
	Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
or	
	Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

6	
	BREADED MOZZARELLA CHEESE STICKS 328 cal
	offered with
	Marinara Dipping Cup 40 cal
	Seasoned Black Beans 71 cal
	Assorted Fruit Cups 65 cal
or	
	Assorted Apple Sauce 53 cal
	Chocolate Chip Mini Loaf Combo 280 cal

7	
	MACARONI AND CHEESE 350 cal
	Broccoli 19 cal
	Fresh Fruit 72 cal
	Turkey & Cheese Croissant Sandwich 187 cal

8	
	HAMBURGER 319 cal
or	
	Cheeseburger 355 cal
	Potato Sticks 50 cal
	Assorted Fruit Cups 65 cal
	Assorted Apple Sauce 53 cal
	Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
	Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

9	
	CHICKEN TENDERS 219 cal
	Corn 42 cal
	Fresh Fruit 72 cal
	Blueberry Muffin Combo 276 cal

12
No menu published

13	
	POLLO ASADO 105 cal
	offered 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

14	
	PENNE PASTA WITH MEATBALLS 244 cal
	Green Beans 21 cal
	Fresh Fruit 72 cal
	Turkey & Cheese Croissant Sandwich 187 cal

15	
	MINI CHEESE PIZZA BAGEL 259 cal
	Peas & Carrots 37 cal
	Assorted Fruit Cups 73 cal
or	
	Assorted Apple Sauce 53 cal
	Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
	Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

16	
	CHICKEN NUGGETS 135 cal
	Potato Sticks 50 cal
	Fresh Fruit 72 cal
	Banana Mini Loaf Combo 330 cal

19	
	MACARONI AND CHEESE 350 cal
	BBQ Baked Beans 102 cal
	Fresh Fruit 72 cal
	Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
or	
	Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

20	
	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

21	
	CHEESE PIZZA 310 cal
	Peas & Carrots 37 cal
	Fresh Fruit 72 cal
	Turkey & Cheese Croissant Sandwich 187 cal

22	
	POPCORN CHICKEN 240 cal
	Mashed Potatoes 60 cal
	Assorted Fruit Cups 65 cal
or	
	Assorted Apple Sauce 53 cal
	Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
	Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

23	
	CHICKEN AND CHEESE SLIDER 252 cal
	Broccoli 19 cal
	Fresh Fruit 72 cal
	Chocolate Chip Mini Loaf Combo 280 cal

26	
	ASIAN CHICKEN BITES 166 cal
	Green Peas 45 cal
	Fresh Fruit 72 cal
	Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
or	
	Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

27	
	CHICKEN TENDERS 219 cal
	Seasoned Red Beans 83 cal
	Assorted Fruit Cups 65 cal
or	
	Assorted Apple Sauce 53 cal
	Blueberry Muffin Combo 276 cal

28	
	PENNE PASTA W/MEAT SAUCE & CHEESE STICK 311 cal
	Broccoli 19 cal
	Fresh Fruit 72 cal
	Turkey & Cheese Croissant Sandwich 187 cal

29	
	WILD MIKE'S CHEESY BITES 211 cal
	offered with
	Marinara Dipping Cup 40 cal
	Green Beans 21 cal
	Assorted Fruit Cups 65 cal
or	
	Assorted Apple Sauce 53 cal
	Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
	Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

30	
	MINI TWIN CHEESEBURGERS 316 cal
	Potato Sticks 65 cal
	Fresh Fruit 72 cal
	Blueberry Muffin Combo 276 cal

Served every day:

Assorted Unflavored Milk

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.

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