



LUNCH

OCTOBER 2026

Sports Leadership Arts and Management Middle School (SLAM)

Palm Beach County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

5 CHICKEN PATTY SANDWICH 351 cal Hot Dog 310 cal Relish 15 cal PBJ Grape Sandwich 461 cal Platter Sweet Potato Waffle 183 cal Fries Italian Sub 416 cal	6 WALKING TACO 367 cal Salsa 25 cal Shredded Lettuce 14 cal Additional Secondary Selection Sliced Jalapenos 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 Salad 199 cal 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 Nuggets 256 cal Tuscan Green Beans 48 cal Buffalo Chicken Bites 329 cal Salad Croutons 142 cal or	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
12 No menu published.	13 CHICKEN SOFT TACO 397 cal Black Beans & Rice 136 cal Salsa 25 cal Shredded Lettuce 14 cal Additional Secondary Selection Sliced Jalapenos Meat Lovers Stromboli 310 cal Marinara Dipping Cup 40 cal Banana Muffin Platter 387 cal 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 400 cal Cube Platter 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 Pizza 310 cal 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 Nuggets 256 cal Corn dog 240 cal Banana Muffin Platter 387 cal 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 Platter 417 cal Sliced Sweet Plantains 280 cal 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 Chortles 220 cal High School Portion Peas and Carrots 74 cal Nashville Hot Chicken Wrap 466 cal	22 CHICKEN AND MASHED POTATO BOWL 420 cal Classic Whole Grain Biscuit 159 cal Grilled Cheese Sandwich 320 cal 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 Pizza 310 cal PBJ Grape Sandwich 461 cal Platter Green Peas 89 cal Italian Sub 416 cal	27 KIELBASA SUB Corn dog 240 cal Blueberry Muffin 424 cal 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

Served every day:

offered with Grape PB&J Sandwich

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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