



LUNCH OCTOBER 2026

Tradewinds Middle

Palm Beach County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

- 5**
- CHICKEN PATTY SANDWICH 351 cal
 - Hot Dog 309 cal
 - Relish 15 cal
 - Italian Sub 416 cal
 - Sweet Potato Waffle Fries 183 cal

- 6**
- WALKING TACO 367 cal
 - Salsa and Shredded Lettuce 25 cal
 - Sour Cream 60 cal
 - Sliced Jalapenos 14 cal
 - Breaded Mozzarella Cheese Sticks 493 cal
 - Marinara Dipping Cup 40 cal
 - Grilled Chicken Salad 199 cal
 - Croutons 284 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
 - Chicken Tender Wrap 80 cal
 - Garden Salad with Egg & Cheese 142 cal
 - Croutons 284 cal
 - Broccoli 38 cal

- 1**
- HAMBURGER 319 cal
 - Cheeseburger 355 cal
 - Cheezy Hotz Chicken Bites 217 cal
 - Dinner Roll 80 cal
 - Popcorn Chicken Salad 312 cal
 - Croutons 142 cal
 - Potato Sticks 100 cal
 - Pickle 4 cal

- 2**
- SOUTHERN HOT CHICKEN AND WAFFLE 564 cal
 - Wild Mike's Cheesy Bites 422 cal
 - Marinara Dipping Cup 40 cal
 - Blueberry Muffin Platter 424 cal
 - Corn 80 cal

- 8**
- PIEROGIES AND KIELBASA 313 cal
 - Breadstick 110 cal
 - Wild Mike's Cheesy Bites 422 cal
 - Marinara Dipping Cup 40 cal
 - Buffalo Chicken Bites Salad 329 cal
 - Croutons 142 cal
 - Tuscan Green Beans 48 cal

- 9**
- MINI TWIN CHEESEBURGERS 316 cal
 - Cheese Pizza 661 cal
 - Crunchers 417 cal
 - Chocolate Chip Muffin Platter 417 cal
 - Potato Smiles 196 cal

No menu published

- 13**
- CHICKEN SOFT TACO 397 cal
 - Black Beans & Rice and Salsa 136 cal
 - Shredded Lettuce 25 cal
 - Sliced Jalapenos 14 cal
 - Hamburger 319 cal
 - Cheeseburger 355 cal
 - Grilled Chicken Caesar Salad 158 cal
 - Croutons 284 cal
 - Caesar Dressing 340 cal
 - Banana Muffin Platter 387 cal
 - Yuca Fries 219 cal

- 14**
- PENNE PASTA WITH MEATBALLS 391 cal
 - Breadstick 110 cal
 - Breaded Mozzarella Cheese Sticks 493 cal
 - Marinara Dipping Cup 40 cal
 - Italian Sub 416 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
 - Chicken Tenders Salad 290 cal
 - Croutons 142 cal
 - Asian Broccoli 75 cal

- 16**
- CHICKEN NUGGETS 236 cal
 - Brazilian Sweet Bread 100 cal
 - Plant-Based Nuggets 256 cal
 - Meat Trio Pizza Wedge 350 cal
 - Banana Muffin Platter 387 cal
 - Potato Sticks 100 cal

- 19**
- BBQ PULLED PORK 300 cal
 - Hushpuppies 150 cal
 - Macaroni and Cheese 350 cal
 - Turkey and Cheese Sub 337 cal
 - Turkey and Cheese Wrap 367 cal
 - BBQ Baked Beans 205 cal

- 20**
- BEEF NACHOS W/TORTILLA CHIPS 428 cal
 - Cheezy Hotz Chicken Bites 217 cal
 - Dinner Roll 80 cal
 - Popcorn Chicken Salad 312 cal
 - Croutons 142 cal
 - Chocolate Chip Muffin Platter 417 cal
 - Sliced Sweet Plantains 280 cal

- 21**
- BEEF AND BROCCOLI RAMEN BOWL 505 cal
 - Cheese Stuffed Crust Wedge Pizza 309 cal
 - Pepperoni Stuffed Crust Wedge Pizza 310 cal
 - Nashville Hot Chicken Wrap 466 cal
 - Strawberry Yogurt Parfait 277 cal
 - Mini Graham Bite 110 cal
 - Chortles 142 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
 - Chef Salad with Turkey and Egg 208 cal
 - Croutons 142 cal
 - Corn 80 cal

- 23**
- CHICKEN PATTY SANDWICH 351 cal
 - Breaded Mozzarella Cheese Sticks 493 cal
 - Marinara Dipping Cup 40 cal
 - Chocolate Chip Muffin Platter 417 cal
 - Broccoli 38 cal
 - Pickle 4 cal

- 26**
- SPICY CHICKEN SANDWICH 350 cal
 - Deep Dish Cheese Pizza 310 cal
 - Italian Sub 416 cal
 - Green Peas 89 cal

- 27**
- KIELBASA SUB 400 cal
 - Chicken Fajita 230 cal
 - Spanish Rice 230 cal
 - Blueberry Muffin Platter 424 cal
 - Grilled Chicken Caesar Salad 158 cal
 - Croutons 284 cal
 - Caesar Dressing 340 cal
 - Seasoned Red Beans 166 cal

- 28**
- PASTA PENNE WITH MEAT SAUCE 468 cal
 - Penne Pasta 262 cal
 - Breadstick 110 cal
 - Chicken Tenders 439 cal
 - Mandarin Chicken Salad 338 cal
 - Croutons 142 cal
 - Turkey and Cheese Sub 337 cal
 - Turkey and Cheese Wrap 367 cal
 - Broccoli 38 cal

- 29**
- CHICKEN ADOBO 383 cal
 - Brown Rice 99 cal
 - Wild Mike's Cheesy Bites 422 cal
 - Marinara Dipping Cup 40 cal
 - Chicken Tender Wrap 40 cal
 - Green Beans 40 cal

- 30**
- MINI TWIN CHEESEBURGERS 316 cal
 - Cheese Stuffed Crust Wedge Pizza 309 cal
 - Pepperoni Stuffed Crust Wedge Pizza 310 cal
 - Blueberry Muffin Platter 424 cal
 - Potato Smiles 196 cal
 - Frozen Italian Ice 90 cal

Served every day:

or offered with Grape PB&J Sandwich · Grape Soybutter Sandwich Platter

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