



LUNCH

OCTOBER 2026

Verde K-8

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

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	14 cal
	Hamburger	319 cal
or		
	Cheeseburger	355 cal
	Banana Muffin Platter	387 cal
	Yuca Fries	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	110 cal
	Chortles	
	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
	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

- Turkey & Cheese Sandwich
- offered with

Menu subject to change.