



HEAD START LUNCH OCTOBER 2026

West Gate Elementary

Palm Beach County Public Schools



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 Hamburger 319 cal or Cheeseburger 355 cal Potato Sticks 50 cal Assorted Fruit Cups 65 cal Assorted Apple Sauce 53 cal	2 Chicken Tenders 219 cal Corn 42 cal Fresh Fruit 72 cal
5 Grilled Chicken Nuggets 102 cal offered with Dinner Roll 80 cal Sweet Potato Fries 65 cal Fresh Fruit 72 cal	6 Chicken Nuggets 135 cal Seasoned Black Beans 71 cal Assorted Fruit Cups 65 cal or Assorted Apple Sauce 53 cal	7 Macaroni and Cheese 350 cal Broccoli 19 cal Fresh Fruit 72 cal	8 Potato and Cheese Pierogies 126 cal Tuscan Green Beans 24 cal Assorted Fruit Cups 65 cal or Assorted Apple Sauce 53 cal	9 Mini Twin Cheeseburgers 316 cal Potato Smiles 65 cal Fresh Fruit 72 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	14 Penne Pasta with Meatballs 244 cal Green Beans 21 cal Fresh Fruit 72 cal	15 Mini Cheese Pizza Bagel 259 cal Peas & Carrots 37 cal Assorted Fruit Cups 73 cal or Assorted Apple Sauce 53 cal	16 Chicken Nuggets 135 cal Potato Sticks 50 cal Fresh Fruit 72 cal
19 Macaroni and Cheese 350 cal BBQ Baked Beans 102 cal Fresh Fruit 72 cal	20 Dill Chicken Bites 142 cal Sliced Sweet Plantains 140 cal Assorted Fruit Cups 65 cal or Assorted Apple Sauce 53 cal	21 Cheese Pizza 310 cal Peas & Carrots 37 cal Fresh Fruit 72 cal	22 Popcorn Chicken 240 cal Mashed Potatoes 60 cal Assorted Fruit Cups 65 cal or Assorted Apple Sauce 53 cal	23 Chicken and Cheese Slider 252 cal Broccoli 19 cal Fresh Fruit 72 cal
26 Asian Chicken Bites 166 cal Green Peas 45 cal Fresh Fruit 72 cal	27 Popcorn Chicken 240 cal Seasoned Red Beans 83 cal Assorted Fruit Cups 65 cal or Assorted Apple Sauce 53 cal	28 Penne Pasta w/Meat Sauce & Cheese Stick 311 cal Broccoli 19 cal Fresh Fruit 72 cal	29 Chicken Tenders 219 cal Green Beans 21 cal Assorted Fruit Cups 65 cal or Assorted Apple Sauce 53 cal	30 Mini Twin Cheeseburgers 316 cal Potato Smiles 65 cal Fresh Fruit 72 cal

EVERY DAY

Assorted Unflavored Milk

Menu subject to change.

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