



LUNCH OCTOBER 2026

West Gate Elementary

Palm Beach County Public Schools



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5

Chicken Patty Sandwich	351 cal
Hot Dog	309 cal
offered with	
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
offered with	
Salsa	25 cal
and	
Shredded Lettuce	14 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
offered with	
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

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Hamburger	319 cal
or	
Cheeseburger	355 cal
Cheese Pizza Crunchers	440 cal
PBJ Grape Sandwich Platter	461 cal
Grape Soybuter Sandwich Platter	450 cal
Potato Sticks	100 cal
Pickle	4 cal

2

Chicken and Waffle	530 cal
offered with	
Wild Mike's Cheesy Bites	281 cal
Marinara Dipping Cup	40 cal
Blueberry Muffin Platter	424 cal
Corn	80 cal

12
No menu published

13

Chicken Soft Taco	397 cal
offered with	
Black Beans & Rice	136 cal
and	
Salsa	25 cal
Shredded Lettuce	14 cal
Hamburger	319 cal
or	
Cheeseburger	355 cal
Banana Muffin Platter	387 cal
Yuca Fries	219 cal

14

It's Circus Ring Penne Pasta with Meatballs Today!	
Penne Pasta with Meatballs	391 cal
offered with	
Breadstick	110 cal
It's Acrobat Breaded Mozzarella Cheese Sticks Today!	
Breaded Mozzarella Cheese Sticks	407 cal
Marinara Dipping Cup	40 cal
Yogurt & Cheese Cube Platter	400 cal
Green Beans	40 cal

15

It's Ringling Chicken & Vegetable Potstickers with Ramen Today!	
Chicken & Vegetable Potstickers with Ramen	427 cal
It's Trapeze Deep Dish Cheese Pizza Today!	
Deep Dish Cheese Pizza	310 cal
PBJ Grape Sandwich Platter	461 cal
or	
Grape Soybuter Sandwich Platter	450 cal
Asian Broccoli	75 cal

16

It's Clown Car Chicken Nuggets Today!	
Chicken Nuggets	168 cal
offered with	
Brazilian Sweet Bread	100 cal
It's Plant-Powered Clown Car Nuggets Today!	
Plant Based Nuggets	214 cal
It's Carnival Corndog Today!	
Corndog	240 cal
Banana Muffin Platter	387 cal
Potato Sticks	100 cal

19

BBQ Pulled Pork	300 cal
offered with	
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
offered with	
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
offered with	
Mini Graham Bite Chortles	110 cal
Peas and Carrots	74 cal

22

Chicken and Mashed Potato Bowl	420 cal
offered with	
Classic Whole Grain Biscuit	159 cal
Grilled Cheese Sandwich	320 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
offered with	
Marinara Dipping Cup	40 cal
Chocolate Chip Muffin Platter	417 cal
Broccoli	38 cal
Pickle	4 cal

26

Asian Chicken Bites	221 cal
offered with	
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	
Corndog	240 cal
Blueberry Muffin Platter	424 cal
Seasoned Red Beans	166 cal

28

Pasta Penne with Meat Sauce	468 cal
or	
Penne Pasta	262 cal
offered with	
Breadstick	110 cal
Chicken Tenders	292 cal
Mini Mandarin Popcorn Chicken Salad	335 cal
Croutons	142 cal
Broccoli	38 cal

29

Chicken Adobo	383 cal
offered with	
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 Pizza	310 cal
Blueberry Muffin Platter	424 cal
Potato Smiles	131 cal
Frozen Italian Ice	90 cal