



HEAD START LUNCH

OCTOBER 2026

West Riviera Elementary

Palm Beach County Public Schools



Monday

Tuesday

Wednesday

Thursday

Friday

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

Served every day:

Assorted Unflavored Milk

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