



PRE K LUNCH OCTOBER 2026

William T. Dwyer High

Palm Beach County Public Schools

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

★

Grilled Chicken Nuggets 102 cal

offered with

- Dinner Roll 80 cal
- Sweet Potato Fries 65 cal
- Fresh Fruit 72 cal
- Grape PB&J Sandwich with Cheese Stick (WG) 371 cal

or

- Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

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Breaded Mozzarella Cheese Sticks 328 cal

offered with

- Marinara Dipping Cup 40 cal
- Seasoned Black Beans 71 cal
- Assorted Fruit Cups 65 cal
- or
- Assorted Apple Sauce 53 cal
- Chocolate Chip Mini Loaf Combo 280 cal

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Macaroni and Cheese 350 cal

- Broccoli 19 cal
- Fresh Fruit 72 cal
- Turkey & Cheese Croissant Sandwich 187 cal

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Potato and Cheese Pierogies 126 cal

- Tuscan Green Beans 24 cal
- Assorted Fruit Cups 65 cal
- or
- Assorted Apple Sauce 53 cal
- Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
- Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

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Cheese Pizza Crunchers 330 cal

- Potato Smiles 65 cal
- Fresh Fruit 72 cal
- Chocolate Chip Mini Loaf Combo 280 cal

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No menu published

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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
- Banana Mini Loaf Combo 330 cal

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Penne Pasta with Meatballs 244 cal

- Green Beans 21 cal
- Fresh Fruit 72 cal
- Turkey & Cheese Croissant Sandwich 187 cal

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Mini Cheese Pizza Bagel 259 cal

- Peas & Carrots 37 cal
- Assorted Fruit Cups 73 cal
- or
- Assorted Apple Sauce 53 cal
- Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
- Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

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Chicken Nuggets 135 cal

- Potato Sticks 50 cal
- Fresh Fruit 72 cal
- Banana Mini Loaf Combo 330 cal

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Macaroni and Cheese 350 cal

- BBQ Baked Beans 102 cal
- Fresh Fruit 72 cal
- Grape PB&J Sandwich with Cheese Stick (WG) 371 cal

or

- Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

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Dill Chicken Bites 142 cal

- Sliced Sweet Plantains 140 cal
- Assorted Fruit Cups 65 cal
- or
- Assorted Apple Sauce 53 cal
- Chocolate Chip Mini Loaf Combo 280 cal

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Cheese Pizza 310 cal

- Peas & Carrots 37 cal
- Fresh Fruit 72 cal
- Turkey & Cheese Croissant Sandwich 187 cal

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Popcorn Chicken 240 cal

- Mashed Potatoes 60 cal
- Assorted Fruit Cups 65 cal
- or
- Assorted Apple Sauce 53 cal
- Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
- Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

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Chicken and Cheese Slider 252 cal

- Broccoli 19 cal
- Fresh Fruit 72 cal
- Chocolate Chip Mini Loaf Combo 280 cal

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Asian Chicken Bites 166 cal

- Green Peas 45 cal
- Fresh Fruit 72 cal
- Grape PB&J Sandwich with Cheese Stick (WG) 371 cal

or

- Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

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Chicken Tenders 219 cal

- Seasoned Red Beans 83 cal
- Assorted Fruit Cups 65 cal
- or
- Assorted Apple Sauce 53 cal
- Blueberry Muffin Combo 276 cal

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Penne Pasta w/Meat Sauce & Cheese Stick 311 cal

- Broccoli 19 cal
- Fresh Fruit 72 cal
- Turkey & Cheese Croissant Sandwich 187 cal

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Wild Mike's Cheesy Bites 211 cal

offered with

- Marinara Dipping Cup 40 cal
- Green Beans 21 cal
- Assorted Fruit Cups 65 cal
- or
- Assorted Apple Sauce 53 cal
- Grape PB&J Sandwich with Cheese Stick (WG) 371 cal
- Grape Soybutter Sandwich with Cheese Stick (WG) 360 cal

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Mini Twin Cheeseburgers 316 cal

- Potato Smiles 65 cal
- Fresh Fruit 72 cal
- Blueberry Muffin Combo 276 cal

EVERY DAY

Assorted Unflavored Milk

Menu subject to change.