

# October 2017

Lunch Prices Elementary (Full price): \$2.05 Middle (Full price): \$2.30 High (Full price): \$2.30 Reduced Lunch Price : \$0.40

## West Boca Raton High Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<ul style="list-style-type: none"> <li>Meat Trio Wedge Pizza (29g)</li> <li>Hamburger (24g)</li> <li>Cheeseburger (25g)</li> <li>Spicy Chicken Sandwich (37g)</li> <li>Chicken Tenders (28g)</li> <li>Buffalo Chicken Salad (19g) with Savory Wheat Crackers (30g)</li> <li>Turkey &amp; Cheese Sub Combo (42g)</li> <li>Banana Muffin Platter (62g)</li> <li>PB&amp;J Grape Sandwich (64g)</li> <li>Baked Beans (30g)</li> </ul>	<ul style="list-style-type: none"> <li>Meatball Sub (33g)</li> <li>Mozzarella Cheese Sticks Breaded (37g) with Marinara Dipping Cup (7g)</li> <li>Chicken Patty Sandwich (36g)</li> <li>Buffalo Chicken Tenders (30g)</li> <li>Chicken Tenders Salad (18g) with Savory Wheat Crackers (30g)</li> <li>Italian Sub Combo (44g)</li> <li>Banana Muffin Platter (62g)</li> <li>PB&amp;J Grape Sandwich (64g)</li> <li>Broccoli (6g)</li> </ul>	<ul style="list-style-type: none"> <li>Caribbean Chicken (6g) with Black Beans &amp; Rice (53g) and Dinner Roll (29g)</li> <li>Fiesta Pizza (39g)</li> <li>Spicy Chicken Sandwich (37g)</li> <li>Chicken Tenders (28g)</li> <li>Specialty Chef Salad (5g) with Savory Wheat Crackers (30g)</li> <li>Ham &amp; Cheese Sub Combo (45g)</li> <li>Banana Muffin Platter (62g)</li> <li>PB&amp;J Grape Sandwich (64g)</li> <li>Caribbean Blend (8g)</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Parmesan Sub (44g)</li> <li>Taco Salad (25g)</li> <li>Chicken Patty Sandwich (36g)</li> <li>Buffalo Chicken Tenders (30g)</li> <li>Mandarin Chicken Salad (174g) with Savory Wheat Crackers (30g)</li> <li>Italian Sub Combo (44g)</li> <li>Banana Muffin Platter (62g)</li> <li>PB&amp;J Grape Sandwich (64g)</li> <li>Sliced Sweet Plantains (55g)</li> </ul>	<p><b>World Smile Day</b></p> <ul style="list-style-type: none"> <li>Chicken Teriyaki (8g) with Rice &amp; Veggies (49g)</li> <li>Mini Twin Cheeseburgers (36g)</li> <li>Spicy Chicken Sandwich (37g)</li> <li>Chicken Tenders (28g)</li> <li>Popcorn Chicken Salad (16g) with Savory Wheat Crackers (30g)</li> <li>Turkey &amp; Cheese Sub Combo (42g)</li> <li>Banana Muffin Platter (62g)</li> <li>PB&amp;J Grape Sandwich (64g)</li> <li>Potato Smiles (30g)</li> </ul> <p><b>Fresh From the Farm</b></p> <ul style="list-style-type: none"> <li>Fresh Cut Cantaloupe (7g)</li> </ul>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<ul style="list-style-type: none"> <li>Cheese Stuffed Wedge Pizza (31g)</li> <li>Pepperoni Stuffed Wedge Pizza (31g)</li> <li>Hamburger (24g)</li> <li>Cheeseburger (25g)</li> <li>Spicy Chicken Sandwich (37g)</li> <li>Chicken Tenders (28g)</li> <li>Turkey BLT Salad (3g) with Savory Wheat Crackers (30g)</li> <li>Turkey &amp; Cheese Sub Combo (42g)</li> <li>Blueberry Muffin Platter (60g)</li> <li>PB&amp;J Grape Sandwich (64g)</li> <li>Seasoned Potato Sticks (25g)</li> </ul>	<ul style="list-style-type: none"> <li>Stuffed Shells (34g) with Garlic Breadstick (15g)</li> <li>Jamaican Beef Turnover (53g)</li> <li>Chicken Patty Sandwich (36g)</li> <li>Buffalo Chicken Tenders (30g)</li> <li>Chicken Tenders Salad (18g) with Savory Wheat Crackers (30g)</li> <li>Italian Sub Combo (44g)</li> <li>Blueberry Muffin Platter (60g)</li> <li>PB&amp;J Grape Sandwich (64g)</li> <li>Broccoli (6g)</li> </ul>	<ul style="list-style-type: none"> <li>Arroz Con Pollo (34g)</li> <li>Pepperoni Stromboli (29g) with Marinara Dipping Cup (7g)</li> <li>Spicy Chicken Sandwich (37g)</li> <li>Chicken Tenders (28g)</li> <li>Buffalo Chicken Salad (19g) with Savory Wheat Crackers (30g)</li> <li>Ham &amp; Cheese Sub Combo (45g)</li> <li>Blueberry Muffin Platter (60g)</li> <li>PB&amp;J Grape Sandwich (64g)</li> <li>Seasoned Black Beans (29g)</li> </ul>	<ul style="list-style-type: none"> <li>Philly Cheesesteak Sandwich (33g)</li> <li>Taquitos (46g) with Salsa (5g)</li> <li>Chicken Patty Sandwich (36g)</li> <li>Buffalo Chicken Tenders (30g)</li> <li>Spicy Chicken Salad (18g) with Savory Wheat Crackers (30g)</li> <li>Italian Sub Combo (44g)</li> <li>Chocolate Chip Muffin Platter (63g)</li> <li>PB&amp;J Grape Sandwich (64g)</li> <li>Broccoli (6g)</li> </ul>	<ul style="list-style-type: none"> <li>Meat Trio Wedge Pizza (29g)</li> <li>Mini Twin Cheeseburgers (36g)</li> <li>Spicy Chicken Sandwich (37g)</li> <li>Chicken Tenders (28g)</li> <li>Asian Chicken Salad (48g) with Savory Wheat Crackers (30g)</li> <li>Turkey &amp; Cheese Sub Combo (42g)</li> <li>Blueberry Muffin Platter (60g)</li> <li>PB&amp;J Grape Sandwich (64g)</li> </ul> <p><b>Fresh From the Farm</b></p> <ul style="list-style-type: none"> <li>Corn on the Cob (9g)</li> <li>Fresh Cut Watermelon (7g)</li> </ul>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<ul style="list-style-type: none"> <li>Meat Trio Wedge Pizza (29g)</li> <li>Jamaican Beef Turnover (53g)</li> <li>Spicy Chicken Sandwich (37g)</li> <li>Chicken Tenders (28g)</li> <li>Buffalo Chicken Salad (19g) with Savory Wheat Crackers (30g)</li> <li>Turkey &amp; Cheese Sub Combo (42g)</li> <li>Chocolate Chip Muffin Platter (63g)</li> <li>PB&amp;J Grape Sandwich (64g)</li> <li>Spicy Sweet Potato Sticks (29g)</li> </ul>	<ul style="list-style-type: none"> <li>Penne Pasta w/Meat Sauce (51g) with Garlic Breadstick (15g)</li> <li>Mini Twin Cheeseburgers (36g)</li> <li>Chicken Patty Sandwich (36g)</li> <li>Buffalo Chicken Tenders (30g)</li> <li>Asian Chicken Salad (48g) with Savory Wheat Crackers (30g)</li> <li>Italian Sub Combo (44g)</li> <li>Chocolate Chip Muffin Platter (63g)</li> <li>PB&amp;J Grape Sandwich (64g)</li> <li>Sweet Peas (13g)</li> </ul>	<ul style="list-style-type: none"> <li>Homestyle Chicken (16g) with Hushpuppies (44g)</li> <li>Fiesta Pizza (39g)</li> <li>Spicy Chicken Sandwich (37g)</li> <li>Chicken Tenders (28g)</li> <li>Chicken Caesar Salad (9g) with Savory Wheat Crackers (30g)</li> <li>Ham &amp; Cheese Sub Combo (45g)</li> <li>Chocolate Chip Muffin Platter (63g)</li> <li>PB&amp;J Grape Sandwich (64g)</li> <li>Baked Beans (30g)</li> </ul>	<ul style="list-style-type: none"> <li>Philly Cheesesteak Sandwich (33g)</li> <li>Taquitos (46g) with Salsa (5g)</li> <li>Chicken Patty Sandwich (36g)</li> <li>Buffalo Chicken Tenders (30g)</li> <li>Spicy Chicken Salad (18g) with Savory Wheat Crackers (30g)</li> <li>Italian Sub Combo (44g)</li> <li>Chocolate Chip Muffin Platter (63g)</li> <li>PB&amp;J Grape Sandwich (64g)</li> <li>Broccoli (6g)</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Teriyaki (8g) with Rice &amp; Veggies (49g)</li> <li>All American Burger (33g)</li> <li>Spicy Chicken Sandwich (37g)</li> <li>Chicken Tenders (28g)</li> <li>Popcorn Chicken Salad (16g) with Savory Wheat Crackers (30g)</li> <li>Turkey &amp; Cheese Sub Combo (42g)</li> <li>Chocolate Chip Muffin Platter (63g)</li> <li>PB&amp;J Grape Sandwich (64g)</li> </ul> <p><b>Fresh From the Farm</b></p> <ul style="list-style-type: none"> <li>Asian Green Beans &amp; Peppers (14g)</li> <li>Fresh Honeydew Melon (7g)</li> </ul>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<ul style="list-style-type: none"> <li>Supreme Pizza Wedge (30g)</li> <li>Jamaican Beef Turnover (53g)</li> <li>Spicy Chicken Sandwich (37g)</li> <li>Chicken Tenders (28g)</li> <li>Spicy Chicken Salad (18g) with Savory Wheat Crackers (30g)</li> <li>Turkey &amp; Cheese Sub Combo (42g)</li> <li>Chocolate Chip Muffin Platter (63g)</li> <li>PB&amp;J Grape Sandwich (64g)</li> <li>Spinach with Cheese (8g)</li> </ul>	<ul style="list-style-type: none"> <li>Italian Chicken Penne (49g) with Garlic Breadstick (15g)</li> <li>Fiesta Pizza (39g)</li> <li>Chicken Patty Sandwich (36g)</li> <li>Buffalo Chicken Tenders (30g)</li> <li>Chicken Tenders Salad (18g) with Savory Wheat Crackers (30g)</li> <li>Italian Sub Combo (44g)</li> <li>Chocolate Chip Muffin Platter (63g)</li> <li>PB&amp;J Grape Sandwich (64g)</li> <li>California Blend (7g)</li> </ul>	<ul style="list-style-type: none"> <li>BBQ Chicken (5g) with Mini Corn Loaf (36g)</li> <li>Mini Twin Cheeseburgers (36g)</li> <li>Spicy Chicken Sandwich (37g)</li> <li>Chicken Tenders (28g)</li> <li>Southwest Chicken Salad (27g) with Savory Wheat Crackers (30g)</li> <li>Ham &amp; Cheese Sub Combo (45g)</li> <li>Chocolate Chip Muffin Platter (63g)</li> <li>PB&amp;J Grape Sandwich (64g)</li> <li>Baked Beans (30g)</li> </ul>	<ul style="list-style-type: none"> <li>Beef Nachos w/Tortilla Chips (43g)</li> <li>Vegetarian Black Bean Pizza (36g)</li> <li>Chicken Patty Sandwich (36g)</li> <li>Buffalo Chicken Tenders (30g)</li> <li>Popcorn Chicken Salad (16g) with Savory Wheat Crackers (30g)</li> <li>Italian Sub Combo (44g)</li> <li>Chocolate Chip Muffin Platter (63g)</li> <li>PB&amp;J Grape Sandwich (64g)</li> <li>Fiesta Corn (17g)</li> </ul>	<ul style="list-style-type: none"> <li>Chicken General TSO (11g) with Rice &amp; Veggies (49g)</li> <li>Pepperoni Stromboli (29g) with Marinara Dipping Cup (7g)</li> <li>Spicy Chicken Sandwich (37g)</li> <li>Chicken Tenders (28g)</li> <li>Chicken Caesar Salad (9g) with Savory Wheat Crackers (30g)</li> <li>Turkey &amp; Cheese Sub Combo (42g)</li> <li>Chocolate Chip Muffin Platter (63g)</li> <li>PB&amp;J Grape Sandwich (64g)</li> </ul> <p><b>Fresh From the Farm</b></p>

**30**

- Meat Trio Wedge Pizza (29g)
- Hamburger (24g)
- Cheeseburger (25g)
- Spicy Chicken Sandwich (37g)
- Chicken Tenders (28g)
- Buffalo Chicken Salad (19g) with Savory Wheat Crackers (30g)
- Turkey & Cheese Sub Combo (42g)
- Banana Muffin Platter (62g)
- PB&J Grape Sandwich (64g)
- Baked Beans (30g)

**31**

- Meatball Sub (33g)
  - Mozzarella Cheese Sticks Breaded (37g) with Marinara Dipping Cup (7g)
  - Chicken Patty Sandwich (36g)
  - Buffalo Chicken Tenders (30g)
  - Chicken Tenders Salad (18g) with Savory Wheat Crackers (30g)
  - Italian Sub Combo (44g)
  - Banana Muffin Platter (62g)
  - PB&J Grape Sandwich (64g)
  - Broccoli (6g)
- No Tricks – Just a Healthy Treat on Us!**
- Mini Rice Krispy Treat (9g)

**Lunch Items Served Daily:** Fat Free Chocolate Milk (22g) , Fat Free Milk Unflavored (12g) , 1% Milk Unflavored (12g) , Fruits & Vegetables, Romaine Salad Cup (1g) , Fresh Baby Carrots (5g) , Assorted Fresh Fruit (15g) , Assorted Fruit Cups (19g) , Assorted Apple & Pear Sauces (15g) , Assorted Canned Fruit (18g) , 100% Fruit Juice (6 oz) (21g) , Condiments, Assorted Salad Dressings (entree salads) (6g) , Ketchup (2g) , Mustard , Mayonnaise (1g) , BBQ Dipping Sauce (13g) , Assorted Dipping Sauce (9g) , Ranch Dipping Sauce (2g)

More Details: <http://palmbeachschools.nutrislice.com/menu/west-boca-raton-high/lunch/>  
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