



Broward County Public Schools

New River Middle

Supper · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

5
🥪 **Soy No-Nutbutter Sandwich w/ Cheese Stick** 371 cal
🥕 Fresh Baby Carrots, Snack Pack 23 cal
🍓 Strawberry Applesauce Cup 70 cal

6
🍔 **Cheeseburger on Bun** 404 cal
🥔 Potato Wedges 144 cal
🍊 Fresh Sliced Orange 66 cal

7
🥩 **Turkey Ham & Cheese Stuffer** 320 cal
🥔 Deli Roasted Potatoes 104 cal
🍏 Fresh Apple Slices 29 cal

1
🍷 **Honey BBQ Rib on Bun** 351 cal
🥕 Cool Tropics Berry Citrus Veggie Edge 60 cal
🍊 Fresh Sliced Orange 66 cal

2
🍷 **Pull Apart Cheezy Breadsticks** 261 cal
🍓 Mixed Fruit Cup 80 cal

8
No menu published

9
No menu published

12
No menu published

13
🧀 **Grilled Cheese** 284 cal
🥦 Steamed Broccoli 49 cal
🍏 Pears, Cup 70 cal

14
🥬 **Vegan Bean & Green Chile Burrito** 290 cal
🥔 Tortilla Chips 200 cal
🍑 Peach Cup 70 cal

15
🍕 **Pizza, Cheese Deep Dish** 310 cal
🥕 Steamed Corn 107 cal
🍓 Applesauce Cup 50 cal

16
🍖 **Jamaican Beef Patty** 227 cal
🥔 Sweet Potato Wedges 153 cal
🍌 Fresh Banana (Ripe) 161 cal

19
🍕 **French Bread Garlic Pizza** 383 cal
🍏 Pears, Cup 70 cal

20
🥪 **Turkey & Beef Pepperoni Stuffed Sandwich** 301 cal
🥬 Steamed Spinach 96 cal
🍓 Pineapple Tidbits Cup 60 cal

21
🍝 **Macaroni and Cheese** 313 cal
🥕 Steamed Fresh Baby Carrots 49 cal
🍓 Strawberry Applesauce Cup 70 cal

22
🍕 **Chicken Pizza Quesadilla** 281 cal
🍓 Fresh Mini Sweet Peppers 13 cal
🍌 Pineapple Wedges, Individually Wrapped 50 cal

23
🍌 **Soft Pretzel** 141 cal
🥦 Steamed Broccoli 49 cal
🍓 Mixed Fruit Cup 80 cal

26
🥪 **Soy No-Nutbutter Sandwich w/ Cheese Stick** 371 cal
🥪 **Soy No-Nutbutter Sandwich w/ Sunflower Seeds** 480 cal
🥕 Carrot Juice 60 cal
🍓 Applesauce Cup 50 cal

27
🍕 **Mini Pepperoni Calzone** 360 cal
🍌 Plantains 283 cal
🍑 Peach Cup 70 cal

28
🍿 **Chicken Popcorn** 255 cal
🥕 Peas and Carrots Blend Vegetables 91 cal
🍌 Fresh Banana (Ripe) 161 cal

29
🍷 **Honey BBQ Rib on Bun** 351 cal
🥕 Cool Tropics Berry Citrus Veggie Edge 60 cal
🍊 Fresh Sliced Orange 66 cal

30
🍗 **Chicken Breast Strips** 214 cal
🥕 Farm Fresh Green Beans 51 cal
🍓 Blue Raspberry Applesauce Cup 60 cal

Served every day

🍞 Wheat Roll · 🥛 Milk

Menu data from Broward County Public Schools, drawn by schoolmenuapp.com. Menu subject to change. Calories are per serving, as Broward County Public Schools publishes them.

MealViewer