



North Lauderdale Elementary

Supper · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

Cheeseburger on Bun 404 cal
 Potato Wedges 144 cal
 Fresh Sliced Orange 66 cal

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

Turkey Ham & Cheese Stuffer 320 cal
 Deli Roasted Potatoes 104 cal
 Fresh Apple Slices 29 cal

Honey BBQ Rib on Bun 351 cal
 Vegan Hummus w/ Savory Herb Crackers 260 cal
 Cool Tropics Berry Citrus Veggie Edge 60 cal
 Fresh Sliced Orange 66 cal

Pull Apart Cheezy Breadsticks 261 cal
 Vegan Hummus w/ Savory Herb Crackers 260 cal
 Mixed Fruit Cup 80 cal

No menu published

Grilled Cheese 284 cal
 Steamed Broccoli 49 cal
 Orange Juice 90 cal

Vegan Bean & Green Chile Burrito 290 cal
 Tortilla Chips 200 cal
 Peach Cup 70 cal

Pizza, Cheese Deep Dish 310 cal
 Steamed Corn 107 cal
 Applesauce Cup 50 cal

Jamaican Beef Patty 227 cal
 Sweet Potato Wedges 153 cal
 Fresh Banana (Ripe) 161 cal

French Bread Garlic Pizza 383 cal
 Pears, Cup 70 cal

Turkey & Beef Pepperoni Stuffed Sandwich 301 cal
 Steamed Spinach 96 cal
 Pineapple Tidbits Cup 60 cal

Macaroni and Cheese 313 cal
 Vegan Hummus w/ Savory Herb Crackers 260 cal
 Steamed Carrots 63 cal
 Strawberry Applesauce Cup 70 cal

Chicken Pizza Quesadilla 281 cal
 Vegan Hummus w/ Savory Herb Crackers 260 cal
 Fresh Mini Sweet Peppers 13 cal
 Pineapple Wedges, Individually Wrapped 50 cal

Soft Pretzel 141 cal
 Steamed Broccoli 49 cal
 Mixed Fruit Cup 80 cal

Chicken Breast Strips 214 cal
 Farm Fresh Green Beans 51 cal
 Blue Raspberry Applesauce Cup 60 cal

Mini Pepperoni Calzone 360 cal
 Vegan Hummus w/ Savory Herb Crackers 260 cal
 Plantains 283 cal
 Peach Cup 70 cal

Chicken Popcorn 255 cal
 Peas and Carrots Blend Vegetables 91 cal
 Fresh Banana (Ripe) 161 cal

Honey BBQ Rib on Bun 351 cal
 Cool Tropics Berry Citrus Veggie Edge 60 cal
 Fresh Sliced Orange 66 cal

Soy No-Nutbutter Sandwich w/ Sunflower Seeds 480 cal
 Carrot Juice 60 cal
 Applesauce Cup 50 cal

Served every day

Wheat Roll · Milk