

Pompano Beach Middle

Supper · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

5
 **Cheeseburger on Bun** 404 cal
 Vegan Hummus and w/ Tortilla Round 370 cal
 Potato Wedges 144 cal
 Fresh Sliced Orange 66 cal

6
 **Soy No-Nutbutter Sandwich w/ Cheese Stick** 371 cal
 Fresh Baby Carrots, Snack Pack 23 cal
 Strawberry Applesauce Cup 70 cal

7
 **Turkey Ham & Cheese Stuffer** 320 cal
 Vegan Hummus and w/ Tortilla Round 370 cal
 Deli Roasted Potatoes 104 cal
 Fresh Apple Slices 29 cal

1
 **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

2
 **Pull Apart Cheezy Breadsticks** 261 cal
 Vegan Hummus w/ Savory Herb Crackers 260 cal
 Mixed Fruit Cup 80 cal

8
No menu published

9
No menu published

12
No menu published

13
No menu published

14
 **Vegan Bean & Green Chile Burrito** 290 cal
 Peach Cup 70 cal

15
 **Pizza, Cheese Deep Dish** 310 cal
 Vegan Hummus and w/ Tortilla Round 370 cal
 Steamed Corn 107 cal
 Applesauce Cup 50 cal

16
 **Jamaican Beef Patty** 227 cal
 Vegan Hummus and w/ Tortilla Round 370 cal
 Sweet Potato Wedges 153 cal
 Fresh Banana (Ripe) 161 cal

19
 **French Bread Garlic Pizza** 383 cal
 Vegan Hummus and w/ Tortilla Round 370 cal
 Pears, Cup 70 cal

20
 **Turkey & Beef Pepperoni Stuffed Sandwich** 301 cal
 Vegan Hummus and w/ Tortilla Round 370 cal
 Steamed Spinach 96 cal
 Pineapple Tidbits Cup 60 cal

21
 **Macaroni and Cheese** 313 cal
 Vegan Hummus and w/ Tortilla Round 370 cal
 Strawberry Applesauce Cup 70 cal

22
 **Chicken Pizza Quesadilla** 281 cal
 Vegan Hummus and w/ Tortilla Round 370 cal
 Fresh Mini Sweet Peppers 13 cal
 Pineapple Wedges, Individually Wrapped 50 cal

23
 **Tortilla Chips** 200 cal
 Steamed Broccoli 49 cal
 Mixed Fruit Cup 80 cal

26
 **Chicken Breast Strips** 214 cal
 Vegan Hummus and w/ Tortilla Round 370 cal
 Farm Fresh Green Beans 51 cal
 Blue Raspberry Applesauce Cup 60 cal

27
 **Mini Pepperoni Calzone** 360 cal
 Vegan Hummus and w/ Tortilla Round 370 cal
 Plantains 283 cal
 Peach Cup 70 cal

28
 **Chicken Popcorn** 255 cal
 Soy Nutbutter Sandwich w/Fava Bean Crisps 473 cal
 Peas and Carrots Blend Vegetables 91 cal
 Fresh Banana (Ripe) 161 cal

29
 **Honey BBQ Rib on Bun** 351 cal
 Soy Nutbutter Sandwich w/Fava Bean Crisps 473 cal
 Cool Tropics Berry Citrus Veggie Edge 60 cal
 Fresh Sliced Orange 66 cal

30
 **Soy No-Nutbutter Sandwich w/ Sunflower Seeds** 480 cal
 Carrot Juice 60 cal
 Applesauce Cup 50 cal

Served every day

 Milk