

SUPPER OCTOBER 2026

Rock Island Elementary

Broward County Public Schools

Monday	Tuesday	Wednesday	Thursday	Friday
			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
5 CHEESEBURGER ON BUN 404 cal Potato Wedges 144 cal Fresh Sliced Orange 66 cal	6 SOY NO-NUTBUTTER SANDWICH W/ CHEESE STICK 371 cal Steamed Carrots 63 cal Strawberry Applesauce Cup 70 cal	7 TURKEY HAM & CHEESE STUFFER 320 cal Deli Roasted Potatoes 104 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 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 CHICKEN BREAST STRIPS 214 cal Farm Fresh Green Beans 51 cal Blue Raspberry Applesauce Cup 60 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 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

Served every day:

Vegan Hummus w/ Savory Herb Crackers · 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.