



Broward County Public Schools

Silver Lakes 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
Steamed Fresh Baby Carrots 49 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
Cool Tropics Berry Citrus Veggie Edge 60 cal
Fresh Sliced Orange 66 cal

Pull Apart Cheezy Breadsticks 261 cal
Mixed Fruit Cup 80 cal

No menu published

No menu published

No menu published

Grilled Cheese 284 cal
Steamed Broccoli 49 cal
Pears, Cup 70 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
Steamed Fresh Baby Carrots 49 cal
Strawberry Applesauce Cup 70 cal

Chicken Pizza Quesadilla 281 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
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/ Cheese Stick 371 cal
Carrot Juice 60 cal
Applesauce Cup 50 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