

SUPPER OCTOBER 2026

Silver Lakes Middle

Broward County Public Schools

Monday	Tuesday	Wednesday	Thursday	Friday
			1 PEACH CUP 70 cal	2
5 GOLDFISH CRACKERS 101 cal Steamed California Blend Vegetables 71 cal	6 GOLDFISH CRACKERS 101 cal	7 FRESH APPLE SLICES 29 cal	8 No menu published	9 No menu published
12 No menu published	13 No menu published	14 No menu published	15 No menu published	16 STEAMED CARROTS 63 cal
19	20 STEAMED CALIFORNIA BLEND VEGETABLES 71 cal	21 STEAMED CARROTS 63 cal	22	23 No menu published
26	27	28	29	30 No menu published

Served every day:
Cheez It Crackers

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.