

Benito Middle School

Lunch · October 2026



Monday

Tuesday

Wednesday

Thursday

Friday

No menu published

No menu published

No menu published

No menu published

No menu published

No School Today!

- Crispy Chicken Sandwich** 360 cal
- Spicy Chicken Sandwich 360 cal
- Tyson Chicken Corn Dog 300 cal
- Turkey Chef Salad with Corn Muffin 785 cal
- Fresh Cucumber Slices 7 cal
- Lean and Green Steamed Broccoli 32 cal

- Mini Cheesy Calzones** 320 cal
- Marinara Cup 15 cal
- Stadium Chicken Wings 235 cal
- Animal Crackers 120 cal
- Ybor City Salad with Cuban Toast 719 cal
- Mini Caesar Salad 19 cal
- Sweet Kernel Corn 112 cal

- Classic Cheeseburger** 425 cal
- Black Bean Burger 341 cal
- All American Hot Dog 320 cal
- Firehouse Kielbasa Sub 313 cal
- Chicken Caesar Salad with Crackers 509 cal
- Lettuce, Tomato and Pickle Cup 15 cal
- Northwest Veggie Blend 30 cal

- Chicken Crunchers** 270 cal
- Chicken Bite Mac & Cheese Bowl 470 cal
- Creamy Homemade Macaroni & Cheese 459 cal
- Dutch Waffle 330 cal
- Assorted Chef Salad 400 cal
- Fresh Baby Carrots 20 cal
- Sweet Peas 45 cal

- Four Cheese Pizza Slice** 290 cal
- Turkey-Beef Pepperoni Pizza Slice 290 cal
- Sunshine Tinga Rice Bowl 520 cal
- Assorted Chef Salad 400 cal
- Fresh Baby Carrots 20 cal
- Baked Sweet Plantains 130 cal

- Crispy Chicken Sandwich** 360 cal
- Spicy Chicken Sandwich 360 cal
- Santa Fe Beef Tacos 423 cal
- Fire Roasted Black Bean Tacos
- Turkey Chef Salad with Corn Muffin 785 cal
- Fresh Cucumber Slices 7 cal
- Fire Roasted Black Beans 214 cal

- Cheese Detroit-Style Pizza** 350 cal
- Beef Pepperoni Detroit-Style Pizza 360 cal
- Orange Chicken with Yellow Rice 386 cal
- Ybor City Salad with Cuban Toast 719 cal
- Mini Caesar Salad 19 cal
- Lean and Green Steamed Broccoli 32 cal

- Classic Cheeseburger** 425 cal
- Black Bean Burger 341 cal
- Rockin' Butter Chicken on Queso Fries 436 cal
- Chicken Caesar Salad with Crackers 509 cal
- Homestyle Fries 100 cal
- Lettuce, Tomato and Pickle Cup 15 cal

- Southern Style Chicken Bites** 200 cal
- Buffalo Chicken Bites 200 cal
- Corn Muffin 220 cal
- Cheesy Beef Fiesta Fold 410 cal
- Assorted Chef Salad 400 cal
- Sweet Kernel Corn 112 cal
- Fresh Baby Carrots 20 cal

- Four Cheese Pizza Slice** 290 cal
- Turkey-Beef Pepperoni Pizza Slice 290 cal
- All American Hot Dog 320 cal
- Firehouse Kielbasa Sub 313 cal
- Assorted Chef Salad 400 cal
- Fresh Baby Carrots 20 cal
- Bush's Baked Beans 150 cal

- Crispy Chicken Sandwich** 360 cal
- Spicy Chicken Sandwich 360 cal
- BBQ Beef Bowl with Corn 665 cal
- Turkey Chef Salad with Corn Muffin 785 cal
- Homestyle Fries 100 cal
- Fresh Cucumber Slices 7 cal

- Mini Cheesy Calzones** 320 cal
- Marinara Cup 40 cal
- Teriyaki Chicken with Lo Mein 259 cal
- Ybor City Salad with Cuban Toast 719 cal
- Mini Caesar Salad 19 cal
- Northwest Veggie Blend 30 cal

- Classic Cheeseburger** 425 cal
- Black Bean Burger 341 cal
- Turkey Burrito Bowl 541 cal
- Chicken Caesar Salad with Crackers 509 cal
- Lettuce, Tomato and Pickle Salad Cup 15 cal
- Lean and Green Steamed Broccoli 32 cal

- Chicken Crunchers** 270 cal
- Fresh Baked Croissant 220 cal
- Chicken Parm Bowl 612 cal
- Pasta with Marinara and Cheese 447 cal
- Assorted Chef Salad 400 cal
- Italian Herbed Green Beans 45 cal
- Fresh Baby Carrots 20 cal
- Orange and Cream Frozen Fruit Sidekicks 90 cal