

LUNCH

OCTOBER 2026

Ben Sheppard Elementary School

Miami-Dade County Public Schools

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 Breaded Chicken Drumsticks 220 cal Bosco Breadstick 300 cal Lettuce Mixed Florida Fresh Salad 14 cal Mashed Potatoes 140 cal WG Dinner Roll 163 cal	2 Tubito's Pizza 370 cal Wild Salmon Nuggets 260 cal Creamy Coleslaw 74 cal Hushpuppies 225 cal
5 No menu published	6 No menu published	7 No menu published	8 No menu published	9 No menu published
12 Cheeseburger 390 cal Garlic French Bread Pizza 350 cal Sweet Potato Waffle 160 cal	13 Chicken Breast Sandwich 363 cal Fruit Platter w/Yogurt 465 cal Lettuce Mixed Florida Fresh Salad 14 cal Black Beans, Vegetarian 133 cal	14 Beefaroni 199 cal Pizza Sticks w/Spaghetti Sauce 456 cal Steamed Green Beans 19 cal Bread Stick Focaccia w/Parmesan Topping 180 cal	15 Asian Glazed Chicken 230 cal Vegan Chik'n Nuggets 170 cal Lettuce Mixed Florida Fresh Salad 14 cal Crinkle Sweet Potato Fries 100 cal Yellow Rice 27 cal	16 Pizza, 4-Cheese Primo 350 cal Chicken Wrap 233 cal Starz Tots 82 cal
19 Corndog, Chicken 240 cal Grilled Cheese Sandwich 340 cal Crinkle Sweet Potato Fries 100 cal	20 Roasted Chicken 207 cal Breaded Beef Bites 207 cal Lettuce Mixed Florida Fresh Salad 14 cal Sweet Potato Wedges 100 cal Mac and Cheese 192 cal	21 Arroz con Pollo 173 cal Zesty 4 Cheese bites 70 cal Plantains Maduros 130 cal	22 Turkey Taco 82 cal Veggie Burger 150 cal La Fiesta Salad 60 cal Baked Beans 209 cal Fritos Corn Chips 240 cal Brown Rice 14 cal	23 Pizza Cheese 6" 318 cal Pizza Pepperoni 360 cal Broccoli Normandy 26 cal
26 Mozzarella Cheese Sticks 400 cal Louisiana Chicken Fillet on WG/Bun 360 cal Sweet Potato Waffle 160 cal	27 Mandarin Orange Chicken 150 cal Garlic French Bread Pizza 350 cal Lettuce Mixed Florida Fresh Salad 14 cal Broccoli Florets 26 cal Brown Rice 14 cal	28 Picadillo 233 cal Bosco Breadstick 300 cal Black Beans, Vegetarian 133 cal Brown Rice 14 cal	29 Breaded Chicken Drumsticks 220 cal Veggie Buffalo Wings 253 cal Lettuce Mixed Florida Fresh Salad 14 cal Mashed Potatoes 140 cal WG Dinner Roll 163 cal	30 Tubito's Pizza 370 cal Wild Salmon Nuggets 260 cal Creamy Coleslaw 74 cal Hushpuppies 225 cal

EVERY DAY

Assorted Fresh Fruit

Menu subject to change.

Menu data from Miami-Dade County Public Schools, drawn by schoolmenuapp.com. Menu subject to change. Calories are per serving, as Miami-Dade County Public Schools publishes them.

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