

Goulds Elementary School

Lunch · October 2026

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

Served every day

- Assorted Fresh Fruit**