

# Lawton Chiles 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

- 12**
- Cheeseburger** 390 cal
  - Garlic French Bread** 350 cal
  - Pizza**
  - Sweet Potato Waffle** 160 cal

- 13**
- Chicken Breast Sandwich** 363 cal
  - Fruit Platter w/Yogurt** 645 cal
  - Lettuce Mixed Florida Fresh Salad** 14 cal
  - Black Beans, Vegetarian** 133 cal

- 14**
- Beefaroni** 313 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** 53 cal

- 16**
- Pizza, 4-Cheese Primo** 350 cal
  - Chicken Wrap** 233 cal
  - Pizza, Turkey Pepperoni, Starz Tots** 237 cal
  - 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** 383 cal

- 21**
- Arroz Con Pollo** 300 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** 170 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** 170 cal

- 28**
- Picadillo** 233 cal
  - Bosco Breadstick** 300 cal
  - Black Beans, Vegetarian** 133 cal
  - Brown Rice** 170 cal

- 29**
- Breaded Chicken Drumsticks** 304 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
  - Pizza Pepperoni Turkey 6"** 310 cal
  - Creamy Coleslaw** 74 cal
  - Hushpuppies** 225 cal

### Served every day

- Assorted Fresh Fruit**