

# MAST @ FIU Biscayne Bay Campus

Lunch · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

No menu published

No menu published

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

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

**Beefaroni** 313 cal  
 Pizza Sticks w/Spaghetti Sauce 456 cal  
 Steamed Green Beans 19 cal  
 Bread Stick Focaccia w/Parmesan Topping 180 cal

**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

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

**Corndog, Chicken** 240 cal  
 Grilled Cheese Sandwich 340 cal  
 Crinkle Sweet Potato Fries 100 cal

**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

**Arroz Con Pollo** 300 cal  
 Zesty 4 Cheese bites 70 cal  
 Plantains Maduros 130 cal

**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

**Pizza Cheese 6"** 318 cal  
 Pizza Pepperoni 360 cal  
 Broccoli Normandy 26 cal

**Mozzarella Cheese Sticks** 400 cal  
 Louisiana Chicken Fillet on WG/Bun 360 cal  
 Sweet Potato Waffle 160 cal

**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

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

**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

**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