

EARLY HEAD START LUNCH OCTOBER 2026

Miami-Dade Early Head Start

Miami-Dade County Public Schools



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Bosco Breadstick 300 cal Steamed Sliced Carrots 27 cal	2 Tubito's Pizza 370 cal Steamed Green Beans 19 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 Sweet Potato Waffle 160 cal	13 Chicken Breast Sandwich 363 cal Lettuce Mixed Florida Fresh Salad 14 cal Black Beans, Vegetarian 67 cal	14 Beefaroni 100 cal Broccoli Normandy - Early Head Start 14 cal	15 Asian Glazed Chicken 230 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 Starz Tots 82 cal
19 Grilled Cheese Sandwich 340 cal Broccoli Florets 26 cal	20 Mac & Cheese 383 cal Sweet Potato Wedges 100 cal	21 Arroz con Pollo 173 cal Plantains Maduros 130 cal	22 Veggie Burger 150 cal Baked Beans 209 cal	23 Pizza Cheese 6" 318 cal Steamed Green Beans 19 cal
26 Louisiana Chicken Fillet on WG/Bun 360 cal Sweet Potato Waffle 160 cal	27 Mandarin Orange Chicken 150 cal Broccoli Florets 26 cal Brown Rice 170 cal	28 Picadillo 233 cal Black Beans, Vegetarian 67 cal Brown Rice 170 cal	29 Veggie Buffalo Wings 253 cal Steamed Sliced Carrots 27 cal WG Dinner Roll 163 cal	30 Tubito's Pizza 370 cal Steamed Green Beans 19 cal

EVERY DAY

- Assorted Fresh Fruit
- Milk

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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