

Miami-Dade Head Start

Head Start Lunch · October 2026



Monday

Tuesday

Wednesday

Thursday

Friday

5

No menu published

6

No menu published

7

No menu published

8

No menu published

9

No menu published

12

Cheeseburger 390 cal
 Assorted Fresh Fruit
 Sweet Potato Waffle 160 cal

13

Chicken Breast Sandwich 363 cal
 Lettuce Mixed Florida Fresh Salad 14 cal
 Black Beans, Vegetarian 133 cal

14

Beefaroni 199 cal
 Assorted Fresh Fruit
 Broccoli Normandy 26 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
 Assorted Fresh Fruit
 Starz Tots 82 cal

19

Grilled Cheese Sandwich 340 cal
 Assorted Fresh Fruit
 Broccoli Florets 26 cal

20

Mac & Cheese 383 cal
 Lettuce Mixed Florida Fresh Salad 14 cal
 Sweet Potato Wedges 100 cal

21

Arroz con Pollo 173 cal
 Assorted Fresh Fruit
 Plantains Maduros 130 cal

22

Veggie Burger 150 cal
 La Fiesta Salad 60 cal
 Baked Beans 209 cal

23

Pizza Cheese 6" 318 cal
 Assorted Fresh Fruit
 Steamed Green Beans 19 cal

26

Louisiana Chicken Fillet on WG/Bun 360 cal
 Assorted Fresh Fruit
 Sweet Potato Waffle 160 cal

27

Mandarin Orange Chicken 150 cal
 Assorted Fresh Fruit
 Lettuce Mixed Florida Fresh Salad 14 cal
 Brown Rice 14 cal

28

Picadillo 233 cal
 Assorted Fresh Fruit
 Black Beans, Vegetarian 133 cal
 Brown Rice 14 cal

29

Veggie Buffalo Wings 253 cal
 Assorted Fresh Fruit
 Lettuce Mixed Florida Fresh Salad 14 cal
 WG Dinner Roll 163 cal

30

Tubito's Pizza 370 cal
 Assorted Fresh Fruit
 Steamed Green Beans 19 cal

Served every day



Milk