

Miami-Dade County Public Schools

Miami Lakes 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

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 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

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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