

# LUNCH

## OCTOBER 2026

# North Dade Middle School

Miami-Dade County Public Schools

| Monday                                                                                                                                                                                      | Tuesday                                                                                                                                                                                                                                                     | Wednesday                                                                                                                                                                                                                        | Thursday                                                                                                                                                                                                                                                       | Friday                                                                                                                                                                                                                                |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                             |                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                  | <div>★ 1</div> <ul style="list-style-type: none"> <li>BREADED CHICKEN DRUMSTICKS 304 cal</li> <li>Bosco Breadstick 300 cal</li> <li>Lettuce Mixed Florida Fresh Salad 14 cal</li> <li>Mashed Potatoes 140 cal</li> <li>WG Dinner Roll 163 cal</li> </ul>       | <div>★ 2</div> <ul style="list-style-type: none"> <li>TUBITO'S PIZZA 370 cal</li> <li>Wild Salmon Nuggets 260 cal</li> <li>Pizza Pepperoni Turkey 6" 310 cal</li> <li>Creamy Coleslaw 74 cal</li> <li>Hushpuppies 225 cal</li> </ul>  |
| <div>★ 5</div> <p>No menu published</p>                                                                                                                                                     | <div>★ 6</div> <p>No menu published</p>                                                                                                                                                                                                                     | <div>★ 7</div> <p>No menu published</p>                                                                                                                                                                                          | <div>★ 8</div> <p>No menu published</p>                                                                                                                                                                                                                        | <div>★ 9</div> <p>No menu published</p>                                                                                                                                                                                               |
| <div>★ 12</div> <ul style="list-style-type: none"> <li>CHEESEBURGER 390 cal</li> <li>Garlic French Bread Pizza 350 cal</li> <li>Sweet Potato Waffle 160 cal</li> </ul>                      | <div>★ 13</div> <ul style="list-style-type: none"> <li>CHICKEN BREAST SANDWICH 363 cal</li> <li>Fruit Platter w/Yogurt 645 cal</li> <li>Lettuce Mixed Florida Fresh Salad 14 cal</li> <li>Black Beans, Vegetarian 133 cal</li> </ul>                        | <div>★ 14</div> <ul style="list-style-type: none"> <li>BEEFARONI 313 cal</li> <li>Pizza Sticks w/Spaghetti Sauce 456 cal</li> <li>Steamed Green Beans 19 cal</li> <li>Bread Stick Focaccia w/Parmesan Topping 180 cal</li> </ul> | <div>★ 15</div> <ul style="list-style-type: none"> <li>ASIAN GLAZED CHICKEN 230 cal</li> <li>Vegan Chik'n Nuggets 170 cal</li> <li>Lettuce Mixed Florida Fresh Salad 14 cal</li> <li>Crinkle Sweet Potato Fries 100 cal</li> <li>Yellow Rice 53 cal</li> </ul> | <div>★ 16</div> <ul style="list-style-type: none"> <li>PIZZA, 4-CHEESE PRIMO 350 cal</li> <li>Chicken Wrap 233 cal</li> <li>Pizza, Turkey Pepperoni, Starz Tots 237 cal</li> <li>82 cal</li> </ul>                                    |
| <div>★ 19</div> <ul style="list-style-type: none"> <li>CORNDOG, CHICKEN 240 cal</li> <li>Grilled Cheese Sandwich 340 cal</li> <li>Crinkle Sweet Potato Fries 100 cal</li> </ul>             | <div>★ 20</div> <ul style="list-style-type: none"> <li>ROASTED CHICKEN 207 cal</li> <li>Breaded Beef Bites 207 cal</li> <li>Lettuce Mixed Florida Fresh Salad 14 cal</li> <li>Sweet Potato Wedges 100 cal</li> <li>Mac and Cheese 383 cal</li> </ul>        | <div>★ 21</div> <ul style="list-style-type: none"> <li>ARROZ CON POLLO 300 cal</li> <li>Zesty 4 Cheese bites 70 cal</li> <li>Plantains Maduros 130 cal</li> </ul>                                                                | <div>★ 22</div> <ul style="list-style-type: none"> <li>TURKEY TACO 82 cal</li> <li>Veggie Burger 150 cal</li> <li>La Fiesta Salad 60 cal</li> <li>Baked Beans 209 cal</li> <li>Fritos Corn Chips 240 cal</li> <li>Brown Rice 170 cal</li> </ul>                | <div>★ 23</div> <ul style="list-style-type: none"> <li>PIZZA CHEESE 6" 318 cal</li> <li>Pizza Pepperoni 360 cal</li> <li>Broccoli Normandy 26 cal</li> </ul>                                                                          |
| <div>★ 26</div> <ul style="list-style-type: none"> <li>MOZZARELLA CHEESE STICKS 400 cal</li> <li>Louisiana Chicken Fillet on WG/Bun 360 cal</li> <li>Sweet Potato Waffle 160 cal</li> </ul> | <div>★ 27</div> <ul style="list-style-type: none"> <li>MANDARIN ORANGE CHICKEN 150 cal</li> <li>Garlic French Bread Pizza 350 cal</li> <li>Lettuce Mixed Florida Fresh Salad 14 cal</li> <li>Broccoli Florets 26 cal</li> <li>Brown Rice 170 cal</li> </ul> | <div>★ 28</div> <ul style="list-style-type: none"> <li>PICADILLO 233 cal</li> <li>Bosco Breadstick 300 cal</li> <li>Black Beans, Vegetarian 133 cal</li> <li>Brown Rice 170 cal</li> </ul>                                       | <div>★ 29</div> <ul style="list-style-type: none"> <li>BREADED CHICKEN DRUMSTICKS 304 cal</li> <li>Veggie Buffalo Wings 253 cal</li> <li>Lettuce Mixed Florida Fresh Salad 14 cal</li> <li>Mashed Potatoes 140 cal</li> <li>WG Dinner Roll 163 cal</li> </ul>  | <div>★ 30</div> <ul style="list-style-type: none"> <li>TUBITO'S PIZZA 370 cal</li> <li>Wild Salmon Nuggets 260 cal</li> <li>Pizza Pepperoni Turkey 6" 310 cal</li> <li>Creamy Coleslaw 74 cal</li> <li>Hushpuppies 225 cal</li> </ul> |

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.

nutrislice