

Paul W. Bell 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

- 12**
- Cheeseburger** 390 cal
 - Garlic French Bread Pizza** 350 cal
 - Sweet Potato Waffle** 160 cal

- 13**
- Chicken Breast Sandwich** 363 cal
 - Fruit Platter w/Yogurt** 645 cal
 - Lettuce Mixed Florida Fresh Salad** 14 cal
 - Black Beans, Vegetarian** 133 cal

- 14**
- Beefaroni** 313 cal
 - Pizza Sticks w/Spaghetti Sauce** 456 cal
 - Steamed Green Beans** 19 cal
 - Bread Stick Focaccia w/Parmesan Topping** 180 cal

- 15**
- 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

- 16**
- Pizza, 4-Cheese Primo** 350 cal
 - Chicken Wrap** 233 cal
 - Pizza, Turkey Pepperoni, Starz Tots** 237 cal
 - 82 cal

- 19**
- Corndog, Chicken** 240 cal
 - Grilled Cheese Sandwich** 340 cal
 - Crinkle Sweet Potato Fries** 100 cal

- 20**
- 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

- 21**
- Arroz Con Pollo** 300 cal
 - Zesty 4 Cheese bites** 70 cal
 - Plantains Maduros** 130 cal

- 22**
- 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

- 23**
- Pizza Cheese 6"** 318 cal
 - Pizza Pepperoni** 360 cal
 - Broccoli Normandy** 26 cal

- 26**
- Mozzarella Cheese Sticks** 400 cal
 - Louisiana Chicken Fillet on WG/Bun** 360 cal
 - Sweet Potato Waffle** 160 cal

- 27**
- 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

- 28**
- Picadillo** 233 cal
 - Bosco Breadstick** 300 cal
 - Black Beans, Vegetarian** 133 cal
 - Brown Rice** 170 cal

- 29**
- 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

- 30**
- 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