

# LUNCH

## OCTOBER 2026

# Pine Lake Elementary School

Miami-Dade County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

|                                                                                                                                              |                                                                                                                                                                                                             |                                                                                                                                                                                |                                                                                                                                                                                                           |                                                                                                                                          |
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| <p>5</p> <p>No menu published</p>                                                                                                            | <p>6</p> <p>No menu published</p>                                                                                                                                                                           | <p>7</p> <p>No menu published</p>                                                                                                                                              | <p>8</p> <p>No menu published</p>                                                                                                                                                                         | <p>9</p> <p>No menu published</p>                                                                                                        |
| <p>12</p> <p> <b>CHEESEBURGER</b> 390 cal<br/>  Garlic French Bread 350 cal<br/>  Pizza<br/>  Sweet Potato Waffle 160 cal</p>                | <p>13</p> <p> <b>CHICKEN BREAST SANDWICH</b> 363 cal<br/>  Fruit Platter w/Yogurt 465 cal<br/>  Lettuce Mixed Florida Fresh Salad 14 cal<br/>  Black Beans, Vegetarian 133 cal</p>                          | <p>14</p> <p> <b>BEEFARONI</b> 199 cal<br/>  Pizza Sticks w/Spaghetti Sauce 456 cal<br/>  Steamed Green Beans 19 cal<br/>  Bread Stick Focaccia w/Parmesan Topping 180 cal</p> | <p>15</p> <p> <b>ASIAN GLAZED CHICKEN</b> 230 cal<br/>  Vegan Chik'n Nuggets 170 cal<br/>  Lettuce Mixed Florida Fresh Salad 14 cal<br/>  Crinkle Sweet Potato Fries 100 cal<br/>  Yellow Rice 27 cal</p> | <p>16</p> <p> <b>PIZZA, 4-CHEESE PRIMO</b> 350 cal<br/>  Chicken Wrap 233 cal<br/>  Starz Tots 82 cal</p>                                |
| <p>19</p> <p> <b>CORNDOG, CHICKEN</b> 240 cal<br/>  Grilled Cheese Sandwich 340 cal<br/>  Crinkle Sweet Potato Fries 100 cal</p>             | <p>20</p> <p> <b>ROASTED CHICKEN</b> 207 cal<br/>  Breaded Beef Bites 207 cal<br/>  Lettuce Mixed Florida Fresh Salad 14 cal<br/>  Sweet Potato Wedges 100 cal<br/>  Mac and Cheese 192 cal</p>             | <p>21</p> <p> <b>ARROZ CON POLLO</b> 173 cal<br/>  Zesty 4 Cheese bites 70 cal<br/>  Plantains Maduros 130 cal</p>                                                             | <p>22</p> <p> <b>TURKEY TACO</b> 82 cal<br/>  Veggie Burger 150 cal<br/>  La Fiesta Salad 60 cal<br/>  Baked Beans 209 cal<br/>  Fritos Corn Chips 240 cal<br/>  Brown Rice 14 cal</p>                    | <p>23</p> <p> <b>PIZZA CHEESE 6"</b> 318 cal<br/>  Pizza Pepperoni 360 cal<br/>  Broccoli Normandy 26 cal</p>                            |
| <p>26</p> <p> <b>MOZZARELLA CHEESE STICKS</b> 400 cal<br/>  Louisiana Chicken Fillet on WG/Bun 360 cal<br/>  Sweet Potato Waffle 160 cal</p> | <p>27</p> <p> <b>MANDARIN ORANGE CHICKEN</b> 150 cal<br/>  Garlic French Bread 350 cal<br/>  Pizza<br/>  Lettuce Mixed Florida Fresh Salad 14 cal<br/>  Broccoli Florets 26 cal<br/>  Brown Rice 14 cal</p> | <p>28</p> <p> <b>PICADILLO</b> 233 cal<br/>  Bosco Breadstick 300 cal<br/>  Black Beans, Vegetarian 133 cal<br/>  Brown Rice 14 cal</p>                                        | <p>29</p> <p> <b>BREADED CHICKEN DRUMSTICKS</b> 220 cal<br/>  Veggie Buffalo Wings 253 cal<br/>  Lettuce Mixed Florida Fresh Salad 14 cal<br/>  Mashed Potatoes 140 cal<br/>  WG Dinner Roll 163 cal</p>  | <p>30</p> <p> <b>TUBITO'S PIZZA</b> 370 cal<br/>  Wild Salmon Nuggets 260 cal<br/>  Creamy Coleslaw 74 cal<br/>  Hushpuppies 225 cal</p> |

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