

# LUNCH

## OCTOBER 2026

# Richmond Heights Middle School

Miami-Dade County Public Schools

| Monday                                                                                                                            | Tuesday                                                                                                                                                                               | Wednesday                                                                                                                                                        | Thursday                                                                                                                                                                                 | Friday                                                                                                                                                          |
|-----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                   |                                                                                                                                                                                       |                                                                                                                                                                  | <b>1</b><br><b>BREADED CHICKEN DRUMSTICKS</b> 304 cal<br>Bosco Breadstick 300 cal<br>Lettuce Mixed Florida Fresh Salad 14 cal<br>Mashed Potatoes 140 cal<br>WG Dinner Roll 163 cal       | <b>2</b><br><b>TUBITO'S PIZZA</b> 370 cal<br>Wild Salmon Nuggets 260 cal<br>Pizza Pepperoni Turkey 6" 310 cal<br>Creamy Coleslaw 74 cal<br>Hushpuppies 225 cal  |
| <b>5</b><br>No menu published                                                                                                     | <b>6</b><br>No menu published                                                                                                                                                         | <b>7</b><br>No menu published                                                                                                                                    | <b>8</b><br>No menu published                                                                                                                                                            | <b>9</b><br>No menu published                                                                                                                                   |
| <b>12</b><br><b>CHEESEBURGER</b> 390 cal<br>Garlic French Bread Pizza 350 cal<br>Sweet Potato Waffle 160 cal                      | <b>13</b><br><b>CHICKEN BREAST SANDWICH</b> 363 cal<br>Fruit Platter w/Yogurt 645 cal<br>Lettuce Mixed Florida Fresh Salad 14 cal<br>Black Beans, Vegetarian 133 cal                  | <b>14</b><br><b>BEEFARONI</b> 313 cal<br>Pizza Sticks w/Spaghetti Sauce 456 cal<br>Steamed Green Beans 19 cal<br>Bread Stick Focaccia w/Parmesan Topping 180 cal | <b>15</b><br><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 53 cal | <b>16</b><br><b>PIZZA, 4-CHEESE PRIMO</b> 350 cal<br>Chicken Wrap 233 cal<br>Pizza, Turkey Pepperoni, Starz Tots 237 cal<br>Starz Tots 82 cal                   |
| <b>19</b><br><b>CORNDOG, CHICKEN</b> 240 cal<br>Grilled Cheese Sandwich 340 cal<br>Crinkle Sweet Potato Fries 100 cal             | <b>20</b><br><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 383 cal        | <b>21</b><br><b>ARROZ CON POLLO</b> 300 cal<br>Zesty 4 Cheese bites 70 cal<br>Plantains Maduros 130 cal                                                          | <b>22</b><br><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 170 cal                      | <b>23</b><br><b>PIZZA CHEESE 6"</b> 318 cal<br>Pizza Pepperoni 360 cal<br>Broccoli Normandy 26 cal                                                              |
| <b>26</b><br><b>MOZZARELLA CHEESE STICKS</b> 400 cal<br>Louisiana Chicken Fillet on WG/Bun 360 cal<br>Sweet Potato Waffle 160 cal | <b>27</b><br><b>MANDARIN ORANGE CHICKEN</b> 150 cal<br>Garlic French Bread Pizza 350 cal<br>Lettuce Mixed Florida Fresh Salad 14 cal<br>Broccoli Florets 26 cal<br>Brown Rice 170 cal | <b>28</b><br><b>PICADILLO</b> 233 cal<br>Bosco Breadstick 300 cal<br>Black Beans, Vegetarian 133 cal<br>Brown Rice 170 cal                                       | <b>29</b><br><b>BREADED CHICKEN DRUMSTICKS</b> 304 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  | <b>30</b><br><b>TUBITO'S PIZZA</b> 370 cal<br>Wild Salmon Nuggets 260 cal<br>Pizza Pepperoni Turkey 6" 310 cal<br>Creamy Coleslaw 74 cal<br>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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