

# LUNCH

## OCTOBER 2026

# School for Advanced Studies Homestead

Miami-Dade County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

5

No menu published

6

No menu published

7

No menu published

8

No menu published

9

No menu published

12

**CHEESEBURGER** 390 cal  
Garlic French Bread 350 cal  
Pizza  
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 350 cal  
Pizza  
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

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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