

# LUNCH

## OCTOBER 2026

# Seminole Elementary School

Miami-Dade County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

1

2

 **BREADED CHICKEN DRUMSTICKS** 220 cal  
 Bosco Breadstick 300 cal  
 Lettuce Mixed Florida Fresh Salad 14 cal  
 Mashed Potatoes 140 cal  
 WG Dinner Roll 163 cal

 **TUBITO'S PIZZA** 370 cal  
 Wild Salmon Nuggets 260 cal  
 Creamy Coleslaw 74 cal  
 Hushpuppies 225 cal

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No menu published

No menu published

No menu published

No menu published

No menu published

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 **CHEESEBURGER** 390 cal  
 Garlic French Bread 350 cal  
 Pizza 160 cal

 **CHICKEN BREAST SANDWICH** 363 cal  
 Fruit Platter w/Yogurt 465 cal  
 Lettuce Mixed Florida Fresh Salad 14 cal  
 Black Beans, Vegetarian 133 cal

 **BEEFARONI** 199 cal  
 Pizza Sticks w/Spaghetti Sauce 456 cal  
 Steamed Green Beans 19 cal  
 Bread Stick Focaccia w/Parmesan Topping 180 cal

 **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 27 cal

 **PIZZA, 4-CHEESE PRIMO** 350 cal  
 Chicken Wrap 233 cal  
 Starz Tots 82 cal

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 **CORNDOG, CHICKEN** 240 cal  
 Grilled Cheese Sandwich 340 cal  
 Crinkle Sweet Potato Fries 100 cal

 **ROASTED CHICKEN** 207 cal  
 Breaded Beef Bites 207 cal  
 Lettuce Mixed Florida Fresh Salad 14 cal  
 Sweet Potato Wedges 100 cal  
 Mac and Cheese 192 cal

 **ARROZ CON POLLO** 173 cal  
 Zesty 4 Cheese bites 70 cal  
 Plantains Maduros 130 cal

 **TURKEY TACO** 82 cal  
 Veggie Burger 150 cal  
 La Fiesta Salad 60 cal  
 Baked Beans 209 cal  
 Fritos Corn Chips 240 cal  
 Brown Rice 14 cal

 **PIZZA CHEESE 6"** 318 cal  
 Pizza Pepperoni 360 cal  
 Broccoli Normandy 26 cal

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 **MOZZARELLA CHEESE STICKS** 400 cal  
 Louisiana Chicken Fillet on WG/Bun 360 cal  
 Sweet Potato Waffle 160 cal

 **MANDARIN ORANGE CHICKEN** 150 cal  
 Garlic French Bread 350 cal  
 Pizza 160 cal  
 Lettuce Mixed Florida Fresh Salad 14 cal  
 Broccoli Florets 26 cal  
 Brown Rice 14 cal

 **PICADILLO** 233 cal  
 Bosco Breadstick 300 cal  
 Black Beans, Vegetarian 133 cal  
 Brown Rice 14 cal

 **BREADED CHICKEN DRUMSTICKS** 220 cal  
 Veggie Buffalo Wings 253 cal  
 Lettuce Mixed Florida Fresh Salad 14 cal  
 Mashed Potatoes 140 cal  
 WG Dinner Roll 163 cal

 **TUBITO'S PIZZA** 370 cal  
 Wild Salmon Nuggets 260 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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