

South Dade Middle School - Grades 4-8

Lunch · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

No menu published

No menu published

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No menu published

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

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

Beefaroni 313 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 53 cal

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

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 383 cal

Arroz Con Pollo 300 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 170 cal

Pizza Cheese 6" 318 cal
 Pizza Pepperoni 360 cal
 Broccoli Normandy 26 cal

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 Pizza 350 cal
 Lettuce Mixed Florida Fresh Salad 14 cal
 Broccoli Florets 26 cal
 Brown Rice 170 cal

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

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

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