

LUNCH

OCTOBER 2026

Southwood Middle School

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 310 cal - Turkey 6" - 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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