

LUNCH

OCTOBER 2026

Sylvania Heights Elementary 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 465 cal
 Lettuce Mixed Florida Fresh Salad 14 cal
 Black Beans, Vegetarian 133 cal

14

 **BEEFARONI** 199 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 27 cal

16

 **PIZZA, 4-CHEESE PRIMO** 350 cal
 Chicken Wrap 233 cal
 Starz Tots 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 192 cal

21

 **ARROZ CON POLLO** 173 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 14 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 14 cal

28

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

29

 **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

30

 **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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