

# LUNCH

## OCTOBER 2026

# W. R. Thomas Middle School

Miami-Dade County Public Schools

| MONDAY                                                                                                                                          | TUESDAY                                                                                                                                                                                                           | WEDNESDAY                                                                                                                                                                             | THURSDAY                                                                                                                                                                                                             | FRIDAY                                                                                                                                                                                      |
|-------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                 |                                                                                                                                                                                                                   |                                                                                                                                                                                       | <b>1</b><br><b>Breaded Chicken Drumsticks</b> 304 cal<br><b>Bosco Breadstick</b> 300 cal<br><b>Lettuce Mixed Florida Fresh Salad</b> 14 cal<br><b>Mashed Potatoes</b> 140 cal<br><b>WG Dinner Roll</b> 163 cal       | <b>2</b><br><b>Tubito's Pizza</b> 370 cal<br><b>Wild Salmon Nuggets</b> 260 cal<br><b>Pizza Pepperoni Turkey 6"</b> 310 cal<br><b>Creamy Coleslaw</b> 74 cal<br><b>Hushpuppies</b> 225 cal  |
| <b>5</b><br>No menu published                                                                                                                   | <b>6</b><br>No menu published                                                                                                                                                                                     | <b>7</b><br>No menu published                                                                                                                                                         | <b>8</b><br>No menu published                                                                                                                                                                                        | <b>9</b><br>No menu published                                                                                                                                                               |
| <b>12</b><br><b>Cheeseburger</b> 390 cal<br><b>Garlic French Bread Pizza</b> 350 cal<br><b>Sweet Potato Waffle</b> 160 cal                      | <b>13</b><br><b>Chicken Breast Sandwich</b> 363 cal<br><b>Fruit Platter w/Yogurt</b> 645 cal<br><b>Lettuce Mixed Florida Fresh Salad</b> 14 cal<br><b>Black Beans, Vegetarian</b> 133 cal                         | <b>14</b><br><b>Beefaroni</b> 313 cal<br><b>Pizza Sticks w/Spaghetti Sauce</b> 456 cal<br><b>Steamed Green Beans</b> 19 cal<br><b>Bread Stick Focaccia w/Parmesan Topping</b> 180 cal | <b>15</b><br><b>Asian Glazed Chicken</b> 230 cal<br><b>Vegan Chik'n Nuggets</b> 170 cal<br><b>Lettuce Mixed Florida Fresh Salad</b> 14 cal<br><b>Crinkle Sweet Potato Fries</b> 100 cal<br><b>Yellow Rice</b> 53 cal | <b>16</b><br><b>Pizza, 4-Cheese Primo</b> 350 cal<br><b>Chicken Wrap</b> 233 cal<br><b>Pizza, Turkey Pepperoni, Starz Tots</b> 237 cal<br><b>Starz Tots</b> 82 cal                          |
| <b>19</b><br><b>Corn dog, Chicken</b> 240 cal<br><b>Grilled Cheese Sandwich</b> 340 cal<br><b>Crinkle Sweet Potato Fries</b> 100 cal            | <b>20</b><br><b>Roasted Chicken</b> 207 cal<br><b>Breaded Beef Bites</b> 207 cal<br><b>Lettuce Mixed Florida Fresh Salad</b> 14 cal<br><b>Sweet Potato Wedges</b> 100 cal<br><b>Mac and Cheese</b> 383 cal        | <b>21</b><br><b>Arroz Con Pollo</b> 300 cal<br><b>Zesty 4 Cheese bites</b> 70 cal<br><b>Plantains Maduros</b> 130 cal                                                                 | <b>22</b><br><b>Turkey Taco</b> 82 cal<br><b>Veggie Burger</b> 150 cal<br><b>La Fiesta Salad</b> 60 cal<br><b>Baked Beans</b> 209 cal<br><b>Fritos Corn Chips</b> 240 cal<br><b>Brown Rice</b> 170 cal               | <b>23</b><br><b>Pizza Cheese 6"</b> 318 cal<br><b>Pizza Pepperoni</b> 360 cal<br><b>Broccoli Normandy</b> 26 cal                                                                            |
| <b>26</b><br><b>Mozzarella Cheese Sticks</b> 400 cal<br><b>Louisiana Chicken Fillet on WG/Bun</b> 360 cal<br><b>Sweet Potato Waffle</b> 160 cal | <b>27</b><br><b>Mandarin Orange Chicken</b> 150 cal<br><b>Garlic French Bread Pizza</b> 350 cal<br><b>Lettuce Mixed Florida Fresh Salad</b> 14 cal<br><b>Broccoli Florets</b> 26 cal<br><b>Brown Rice</b> 170 cal | <b>28</b><br><b>Picadillo</b> 233 cal<br><b>Bosco Breadstick</b> 300 cal<br><b>Black Beans, Vegetarian</b> 133 cal<br><b>Brown Rice</b> 170 cal                                       | <b>29</b><br><b>Breaded Chicken Drumsticks</b> 304 cal<br><b>Veggie Buffalo Wings</b> 253 cal<br><b>Lettuce Mixed Florida Fresh Salad</b> 14 cal<br><b>Mashed Potatoes</b> 140 cal<br><b>WG Dinner Roll</b> 163 cal  | <b>30</b><br><b>Tubito's Pizza</b> 370 cal<br><b>Wild Salmon Nuggets</b> 260 cal<br><b>Pizza Pepperoni Turkey 6"</b> 310 cal<br><b>Creamy Coleslaw</b> 74 cal<br><b>Hushpuppies</b> 225 cal |

### EVERY DAY

Assorted Fresh Fruit

Menu subject to change.