

LUNCH

OCTOBER 2026

Monday

Tuesday

Wednesday

Thursday

Friday

5	
 HAMBURGER ON BUN	369 cal
 Sweet Potato Crinkle Cut Fries	169 cal
 Black Beans	85 cal
 Mixed Fruit Cup	80 cal
 Fresh Apple Slices	29 cal
 Macaroni and Cheese	234 cal

6	
 ARROZ CON POLLO	467 cal
 Brown Rice	222 cal
 Street Corn	138 cal
 Tossed Salad, w/Grape Tomatoes & Carrots, Shredde	17 cal
 Frozen Rips Strawberry Kiwi	60 cal
 Fruit Blend Juice	90 cal
 Steamed Corn	53 cal

7	
 SPICY CHICKEN BREAST STRIPS	214 cal
 Mini Waffles	179 cal
 Tater Tots	116 cal
 Steamed California Blend Vegetables	71 cal
 Fresh Sliced Orange	66 cal
 Mixed Fruit Cup	80 cal
 Boneless Chicken Wings	161 cal

1	
 CHICKEN POPCORN	255 cal
 Garlic Breadsticks	110 cal
 Fresh Baby Carrots, Snack Pack	23 cal
 Tossed Salad, w/Grape Tomatoes & Carrots, Shredde	17 cal
 Fresh Apple Slices	29 cal
 Vegan, Chik'n Nuggets	224 cal
 Steamed Carrots	31 cal
 Fresh Banana (Ripe)	81 cal

2	
 CHICKEN WINGS	703 cal
 Steamed California Blend Vegetables	71 cal
 Steamed Broccoli	49 cal
 Fruit Blend Juice	90 cal
 Peach Cup	70 cal
 Garlic Cheese Pizza	370 cal

12	
No menu published	

13	
 CHICKEN POPCORN	255 cal
 Brown Rice	222 cal
 Potato Smiles	130 cal
 Fresh Baby Carrots, Snack Pack	23 cal
 Pineapple Wedges, Individually Wrapped	50 cal
 Variety Juice	90 cal

14	
 BREADED CHICKEN DRUMSTICK	885 cal
 Hawaiian Roll	129 cal
 Farm Fresh Corn Cobettes	97 cal
 Steamed Spinach	96 cal
 Fresh Sliced Orange	66 cal
 Pears, Cup	70 cal
 Honey BBQ Rib on Bun	351 cal

15	
 CHEESE TORTELLINI	265 cal
 Meat Sauce	106 cal
 Munchies Munch Mix Snack Mix	110 cal
 Tossed Salad, w/Grape Tomatoes & Carrots, Shredde	17 cal
 Steamed California Blend Vegetables	71 cal
 Fresh Apple Slices	29 cal
 Vegan, Chik'n Nuggets	224 cal
 Fresh Banana (Ripe)	81 cal

16	
 PIZZA CRUNCHERS	436 cal
 Baked Beans	150 cal
 Fruit Blend Juice	90 cal
 Pineapple Tidbits Cup	60 cal

19	
 CHICKEN, TANGERINE	210 cal
 Woodles Noodles	277 cal
 Sweet Potato Wedges	153 cal
 Mixed Vegetables	30 cal
 Peach Cup	70 cal
 Pears, Cup	70 cal

20	
 HAMBURGER ON BUN	369 cal
 Vegetable, Pepper & Onion	44 cal
 Fajita Blend	17 cal
 Black Beans	85 cal
 Strawberry Applesauce	70 cal
 Fruit Blend Juice	90 cal
 Vegan Bean & Green Chile Burrito	290 cal
 Applesauce Cup	50 cal

21	
 BREADED CHICKEN FILLET ON BUN	344 cal
 Potato Wedges	144 cal
 Steamed Broccoli	49 cal
 Fresh Sliced Orange	66 cal
 Peach Cup	70 cal
 Vegan, Chik'n Nuggets	224 cal

22	
 BEEF A RONI	364 cal
 Garlic Breadsticks	110 cal
 Tossed Salad, w/Grape Tomatoes & Carrots, Shredde	17 cal
 Triple Berry Blast	60 cal
 Veggie Edge	29 cal
 Fresh Apple Slices	29 cal
 Mixed Fruit Cup	80 cal
 Carrot Juice	60 cal
 Fresh Banana (Ripe)	81 cal

23	
 CHEESEBURGER ON BUN	404 cal
 Fresh Sliced Cucumbers	11 cal
 Sweet Potato Crinkle Cut Fries	169 cal
 Fruit Blend Juice	90 cal
 Pears, Cup	70 cal
 Pull Apart Cheezy Beef Pepperoni Breadsticks	271 cal

26	
 CHICKEN TERIYAKI	245 cal
 Vegetable Egg Roll	140 cal
 Lo Mein	265 cal
 Roasted Farm Fresh Green Beans	40 cal
 Mixed Vegetables	30 cal
 Frozen Whole Fruit Cup	77 cal
 Pears, Cup	70 cal
 Korean BBQ Sauce	61 cal

27	
 BREADED MOZZARELLA CHEESE STICKS	390 cal
 Sweet Potato Wedges	153 cal
 Tossed Salad, w/Grape Tomatoes & Carrots, Shredde	17 cal
 Applesauce Cup	50 cal
 Fruit Blend Juice	90 cal
 Latin Style Black Beans w/ Brown Rice	85 cal
 Brown Rice	56 cal
 Steamed California Blend Vegetables	35 cal

28	
 CHEESEBURGER ON BUN	404 cal
 Baked Beans	150 cal
 Potato, Cajun Seasoned French Fries	104 cal
 Fresh Sliced Orange	66 cal
 Cinnamon Applesauce Cup	50 cal
 Seasoned French Fries	61 cal

29	
 FRESH BABY CARROTS, SNACK PACK	23 cal
 Tossed Salad, w/Grape Tomatoes & Carrots, Shredde	17 cal
 Smooth-Frozen SideKicks Theme Celebrations	75 cal
 Fresh Apple Slices	29 cal
 Vegan, Chik'n Nuggets	224 cal
 Steamed Carrots	31 cal
 Fresh Banana (Ripe)	81 cal

30	
 HAMBURGER ON BUN	369 cal
 Steamed California Blend Vegetables	71 cal
 Steamed Broccoli	49 cal
 Fruit Blend Juice	90 cal
 Peach Cup	70 cal

Served every day:
 Milk ·  White Milk

Menu data from Broward County Public Schools, drawn by schoolmenuapp.com. Menu subject to change.
 Calories are per serving, as Broward County Public Schools publishes them.