

Monday

Tuesday

Wednesday

Thursday

Friday

5 CHICKEN, GENERAL TSO'S 211 cal - Chicken Tender Sub 446 cal - Vegan, Chik'n Nuggets w/ Crackers 377 cal - Breaded Chicken Fillet on Bun 344 cal - Brown Rice 222 cal - Peas and Carrots Blend 91 cal - Sweet Potato Crinkle Cut Fries 169 cal - Fresh Cucumbers with Carrots 21 cal - Mixed Fruit Cup 80 cal	6 ARROZ CON POLLO 467 cal - Latin Style Black Beans w/ Brown Rice 113 cal - Cheeseburger on Bun 404 cal - Black Beans 85 cal - Seasoned French Fries 121 cal - Fresh Zucchini and Yellow Squash Salad 15 cal - Fresh Baby Carrots, Snack Pack 23 cal - Frozen Rips Strawberry Kiwi 60 cal	7 HOKE POKE CHICKEN, GENERAL TSO'S 211 cal - Chicken Caesar Wrap 397 cal - Vegan Bean & Green Chile Burrito 290 cal - Breaded Chicken Fillet on Bun 344 cal - Wondles Noodles 277 cal - Steamed Corn 87 cal - Fresh Sliced Cucumbers 11 cal - Fresh Grape Tomato Salad 15 cal - Black Beans 96 cal - Pears, Cup 70 cal	1 BAKED ZITI 390 cal - Chicken Tender Sub 446 cal - Plant-Based Fiesta Wrap w/ Hummus 377 cal - Cheeseburger on Bun 404 cal - Garlic Breadsticks 110 cal - Dinner Roll 70 cal - Sweet Potato Crinkle Cut Fries 169 cal - Farm Fresh Green Beans 51 cal - Mixed Fruit Cup 80 cal	2 CHICKEN POPCORN 255 cal - Jamaican Beef Patty 227 cal - Vegan, Chik'n Nuggets w/ Crackers 377 cal - Breaded Chicken Fillet on Bun 344 cal - Brown Rice 222 cal - Farm Fresh Corn Cobettes 97 cal - Fresh Mini Sweet Peppers 13 cal - Black Beans 96 cal - Fresh Grape Tomato Salad 15 cal - Variety Juice 90 cal
12 No menu published	13 BURRITO BOWL 347 cal - Latin Style Black Beans w/ Brown Rice 113 cal - Cheeseburger on Bun 404 cal - Tortilla Scoop Chips 110 cal - Street Corn 146 cal - Black Beans 85 cal - Fresh Zucchini and Yellow Squash Salad 15 cal - Fresh Baby Carrots, Snack Pack 23 cal - Strawberry Applesauce Cup 70 cal	14 CHICKEN WINGS 703 cal - Breaded Chicken Fillet on Bun 344 cal - Breaded Onion Rings 180 cal - Dinner Roll 70 cal - Fresh Carrots & Celery Sticks 17 cal - Potato, Cajun Seasoned French Fries 104 cal - Black Beans 96 cal - Pears, Cup 70 cal	15 BEEF A RONI 364 cal - Chicken Caesar Wrap 216 cal - Vegan Bean & Green Chile Burrito 290 cal - Cheeseburger on Bun 404 cal - Hawaiian Roll 129 cal - Steamed Broccoli 49 cal - Sweet Potato Wedges 153 cal - Broccoli (Cold) 28 cal - Fresh Baby Carrots, Snack Pack 23 cal - Mixed Fruit Cup 80 cal	16 VEGAN, CHIK'N NUGGETS W/ CRACKERS 396 cal - Turkey Ham & Cheese 349 cal - Breaded Chicken Fillet on Bun 344 cal - Broward Bowl 578 cal - Dinner Roll 70 cal - Steamed California Blend Vegetables 71 cal - Fresh Mini Sweet Peppers 13 cal - Fresh Baby Carrots, Snack Pack 23 cal - Variety Juice 90 cal
19 BEEF & BROCCOLI 267 cal - Chicken Tender Sub 446 cal - Vegan, Chik'n Nuggets w/ Crackers 396 cal - Breaded Chicken Fillet on Bun 344 cal - Brown Rice 222 cal - Dinner Roll 70 cal - Roasted Farm Fresh Green Beans 40 cal - Sweet Potato Crinkle Cut Fries 169 cal - Fresh Baby Carrots, Snack Pack 23 cal - Pineapple Wedges, Individually Wrapped 50 cal	20 LATIN STYLE BLACK BEANS W/ BROWN RICE 113 cal - Cheeseburger on Bun 404 cal - Baked Potato 170 cal - Black Beans 85 cal - Steamed Broccoli 49 cal - Fresh Broccoli & Cucumber Salad 11 cal - Peach Cup 70 cal	21 BONELESS CHICKEN WINGS 215 cal - Philly Cheese Steak Sub 297 cal - Vegan Bean & Green Chile Burrito 290 cal - Breaded Chicken Fillet on Bun 344 cal - Brown Rice 222 cal - Fresh Carrots & Celery Sticks 17 cal - Potato, Cajun Seasoned French Fries 104 cal - Fresh Grape Tomato Salad 15 cal - Pears, Cup 70 cal	22 CHEESE TORTELLINI 265 cal - Meat Sauce 106 cal - Chicken Caesar Wrap 216 cal - Plant-Based Fiesta Wrap w/ Hummus 377 cal - Hawaiian Roll 129 cal - Dinner Roll 70 cal - Steamed California Blend Vegetables 71 cal - Sweet Potato Wedges 153 cal - Fresh Zucchini and Yellow Squash Salad 15 cal - Applesauce Cup 50 cal	23 CHICKEN POPCORN 255 cal - Vegan, Chik'n Nuggets w/ Crackers 396 cal - Breaded Chicken Fillet on Bun 344 cal - Brown Rice 222 cal - Potato, Cajun Seasoned French Fries 104 cal - Roasted Butternut Squash 82 cal - Black Beans 96 cal - Variety Juice 90 cal
26 CHICKEN TERIYAKI 245 cal - Vegan, Chik'n Nuggets w/ Crackers 396 cal - Breaded Chicken Fillet on Bun 344 cal - Lo Mein 265 cal - Steamed Broccoli 49 cal - Roasted Dill Carrots 51 cal - Fresh Baby Carrots, Snack Pack 23 cal - Frozen Whole Fruit Cup 77 cal	27 JAMAICAN BEEF PATTY 227 cal - Vegan Bean & Green Chile Burrito 290 cal - Cheeseburger on Bun 404 cal - Plantains 283 cal - Black Beans 85 cal - Fresh Broccoli & Cucumber Salad 11 cal - Applesauce Cup 50 cal	28 CHICKEN WINGS 703 cal - Chicken Caesar Wrap 216 cal - Latin Style Black Beans w/ Brown Rice 113 cal - Breaded Spicy Chicken Fillet on Bun 363 cal - Brown Rice 222 cal - Fresh Carrots & Celery Sticks 17 cal - Potato, Cajun Seasoned French Fries 104 cal - Black Beans 96 cal - Fresh Grape Tomato Salad 15 cal - Pears, Cup 70 cal	29 BAKED ZITI 390 cal - Plant-Based Fiesta Wrap w/ Hummus 377 cal - Cheeseburger on Bun 404 cal - Garlic Breadsticks 110 cal - Roasted Zucchini, Yellow Squash Mix 48 cal - Sweet Potato Crinkle Cut Fries 169 cal - Farm Fresh Green Beans 51 cal - Mixed Fruit Cup 80 cal	30 CHICKEN POPCORN 255 cal - Vegan, Chik'n Nuggets w/ Crackers 396 cal - Breaded Chicken Fillet on Bun 344 cal - Brown Rice 222 cal - Farm Fresh Corn Cobettes 97 cal - Fresh Mini Sweet Peppers 13 cal - Black Beans 96 cal - Fresh Grape Tomato Salad 15 cal - Variety Juice 90 cal

Served every day:

 Cheese Pizza •  Pepperoni Pizza •  Fresh Apple Slices •  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.

MealViewer