

LUNCH

OCTOBER 2026

Broward Estates Early Learning and Resource Center

Broward County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

5 MACARONI AND CHEESE 234 cal Black Beans 42 cal Mixed Fruit Cup 80 cal	6 ARROZ CON POLLO 234 cal Steamed Corn 53 cal Frozen Rips Strawberry Kiwi 60 cal	7 BONELESS CHICKEN WINGS 161 cal Tater Tots 58 cal Mandarin Oranges Cup 74 cal	1 VEGAN, CHIK'N NUGGETS 224 cal Steamed Carrots 31 cal Fresh Banana (Ripe) 81 cal	2 GARLIC CHEESE PIZZA 370 cal Steamed Broccoli 24 cal Fruit Blend Juice 60 cal
12 No menu published	13 CHICKEN POPCORN 204 cal Tater Tots 58 cal Pineapple Wedges, Individually Wrapped 50 cal	14 HONEY BBQ RIB ON BUN 351 cal Steamed Broccoli 24 cal Fresh Sliced Orange 33 cal	15 VEGAN, CHIK'N NUGGETS 224 cal Steamed California Blend Vegetables 35 cal Mixed Fruit Cup 80 cal	16 PIZZA CRUNCHERS 327 cal Fruit Blend Juice 60 cal
19 CHICKEN, TANGERINE 186 cal Brown Rice 56 cal Mixed Vegetables 15 cal Peach Cup 70 cal	20 VEGAN BEAN & GREEN CHILE BURRITO 290 cal Black Beans 42 cal Applesauce Cup 50 cal	21 VEGAN, CHIK'N NUGGETS 224 cal Steamed Broccoli 24 cal Fresh Sliced Orange 33 cal	22 BEEF A RONI 182 cal Carrot Juice 60 cal Fresh Banana (Ripe) 81 cal	23 PULL APART CHEEZY BEEF PEPPERONI BREADSTICKS 271 cal Sweet Potato Crinkle Cut Fries 85 cal Fruit Blend Juice 60 cal
26 CHICKEN TERIYAKI 163 cal Lo Mein 133 cal Mixed Vegetables 15 cal Frozen Whole Fruit Cup 77 cal	27 LATIN STYLE BLACK BEANS W/ BROWN RICE 85 cal Brown Rice 56 cal Steamed California Blend Vegetables 35 cal Pineapple Tidbits Cup 60 cal	28 HAMBURGER ON BUN 369 cal Seasoned French Fries 61 cal Mandarin Oranges Cup 74 cal	29 VEGAN, CHIK'N NUGGETS 224 cal Steamed Carrots 31 cal Fresh Banana (Ripe) 81 cal	30 GARLIC CHEESE PIZZA 370 cal Steamed Broccoli 24 cal Fruit Blend Juice 60 cal

Served every day:

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.