

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

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| <p><b>5</b></p> <p><b>MACARONI AND CHEESE</b> 312 cal</p> <ul style="list-style-type: none"> <li>Turkey &amp; Beef Pepperoni Stuffed Sandwich 301 cal</li> <li>Buffalo Style Chicken Stuffed Sandwich 291 cal</li> <li>Hummus with Savory Herb Crackers 402 cal</li> <li>Salad, Chef 287 cal</li> <li>Mini Chicken Fillet Slider on Hawaiian Roll 481 cal</li> <li>Wild White Nacho Dorito Chips 130 cal</li> <li>Sweet Potato Crinkle Cut Fries 169 cal</li> <li>Black Beans 85 cal</li> <li>Mixed Fruit Cup 80 cal</li> </ul> | <p><b>6</b></p> <p><b>ARROZ CON POLLO</b> 312 cal</p> <ul style="list-style-type: none"> <li>Latin Style Black Beans w/ Brown Rice 85 cal</li> <li>Salad, Sliced Turkey &amp; Cheese 217 cal</li> <li>Cheese Pizza 360 cal</li> <li>Soft Tortilla 91 cal</li> <li>Brown Rice 111 cal</li> <li>Savory Herb Crackers 90 cal</li> <li>Street Corn 138 cal</li> <li>Tossed Salad, w/Grape Tomatoes &amp; Carrots, Shredde 17 cal</li> <li>Frozen Rips Strawberry Kiwi 60 cal</li> </ul> | <p><b>7</b></p> <p><b>SPICY CHICKEN BREAST STRIPS</b> 214 cal</p> <ul style="list-style-type: none"> <li>Boneless Chicken Wings 215 cal</li> <li>Parfait, Peach w/Cheese Stick 366 cal</li> <li>Parfait, Pineapple w/Cheese Stick 395 cal</li> <li>Parfait, Strawberry w/Cheese Stick 319 cal</li> <li>Plant-Based Fiesta Salad w/ Hummus 302 cal</li> <li>Mini Waffles 89 cal</li> <li>Savory Herb Crackers 90 cal</li> <li>Tater Tots 116 cal</li> <li>Steamed California Blend Vegetables 71 cal</li> <li>Fresh Pineapple 50 cal</li> </ul> | <p><b>8</b></p> <p>No menu published</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <p><b>9</b></p> <p>No menu published</p>                                                                                                                                                                                                                                                                                                                                                       |
| <p><b>12</b></p> <p>No menu published</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <p><b>13</b></p> <p><b>CHICKEN POPCORN</b> 255 cal</p> <ul style="list-style-type: none"> <li>Philly Cheese Steak Sub 304 cal</li> <li>Latin Style Black Beans w/ Brown Rice 85 cal</li> <li>Breaded Chicken Fillet on Bun 344 cal</li> <li>Brown Rice 111 cal</li> <li>Fresh Mini Sweet Peppers 13 cal</li> <li>Potato Smiles 130 cal</li> <li>Pineapple Wedges, Individually Wrapped 50 cal</li> </ul>                                                                            | <p><b>14</b></p> <p><b>BREADED CHICKEN DRUMSTICK</b> 442 cal</p> <ul style="list-style-type: none"> <li>Chicken Wings 562 cal</li> <li>Honey BBQ Rib on Bun 351 cal</li> <li>Plant-Based Fiesta Salad w/ Hummus 302 cal</li> <li>Hawaiian Roll 129 cal</li> <li>Savory Herb Crackers 90 cal</li> <li>Farm Fresh Corn Cobettes 97 cal</li> <li>Steamed Spinach 96 cal</li> <li>Fresh Apple Slices 29 cal</li> <li>Pineapple Wedges, Individually Wrapped 50 cal</li> </ul>                                                                      | <p><b>15</b></p> <p><b>CHEESE TORTELLINI</b> 199 cal</p> <ul style="list-style-type: none"> <li>Meat Sauce 106 cal</li> <li>Salad, Caesar 175 cal</li> <li>Plant-Based Fiesta Wrap w/ Hummus 377 cal</li> <li>Cheeseburger on Bun 404 cal</li> <li>Salad, Chicken Tenders 270 cal</li> <li>Munchies Munch Mix Snack Mix 110 cal</li> <li>Tossed Salad, w/Grape Tomatoes &amp; Carrots, Shredde 17 cal</li> <li>Steamed California Blend Vegetables 71 cal</li> <li>Fresh Apple Slices 29 cal</li> <li>Fresh Pears 75 cal</li> </ul> | <p><b>16</b></p> <p><b>PIZZA CRUNCHERS</b> 436 cal</p> <ul style="list-style-type: none"> <li>Beef Hot Dog on Bun 308 cal</li> <li>Vegan, Chik'n Nuggets w/ Crackers 396 cal</li> <li>Baked Beans 150 cal</li> <li>Fruit Blend Juice 90 cal</li> </ul>                                                                                                                                         |
| <p><b>19</b></p> <p><b>CHICKEN, TANGERINE</b> 210 cal</p> <ul style="list-style-type: none"> <li>Turkey Ham &amp; Cheese Melt 306 cal</li> <li>Vegan, Chik'n Nuggets w/ Crackers 396 cal</li> <li>Salad, Chef 287 cal</li> <li>Pepperoni Pizza 360 cal</li> <li>Woodles Noodles 138 cal</li> <li>Sweet Potato Wedges 153 cal</li> <li>Mixed Vegetables 30 cal</li> <li>Peach Cup 70 cal</li> </ul>                                                                                                                              | <p><b>20</b></p> <p><b>BEEF &amp; CHEESE TACO CRISP</b> 360 cal</p> <ul style="list-style-type: none"> <li>Vegan Bean &amp; Green Chile Burrito 290 cal</li> <li>Salad, Caesar 187 cal</li> <li>Mini Chicken Fillet Slider on Hawaiian Roll 481 cal</li> <li>Vegetable, Pepper &amp; Onion Fajita Blend 44 cal</li> <li>Black Beans 85 cal</li> <li>Strawberry Applesauce Cup 70 cal</li> </ul>                                                                                     | <p><b>21</b></p> <p><b>BREADED CHICKEN FILLET ON BUN</b> 344 cal</p> <ul style="list-style-type: none"> <li>Yogurt w/ Cheese &amp; Crackers 387 cal</li> <li>Vegan Salad, w/ Garbanzo Beans 324 cal</li> <li>Vegan Salad w/ Garbanzo Beans 347 cal</li> <li>Cheese Pizza 360 cal</li> <li>Savory Herb Crackers 90 cal</li> <li>Potato Wedges 144 cal</li> <li>Steamed Broccoli 49 cal</li> <li>Pears, Cup 70 cal</li> </ul>                                                                                                                    | <p><b>22</b></p> <p><b>BEEF A RONI</b> 182 cal</p> <ul style="list-style-type: none"> <li>Grilled Cheese 284 cal</li> <li>Vegan, Chik'n Nuggets w/ Crackers 396 cal</li> <li>Cheeseburger on Bun 404 cal</li> <li>Salad, Chicken Tenders 270 cal</li> <li>Garlic Breadsticks 110 cal</li> <li>Tossed Salad, w/Grape Tomatoes &amp; Carrots, Shredde 17 cal</li> <li>Triple Berry Blast 60 cal</li> <li>Veggie Edge 60 cal</li> <li>Fresh Apple Slices 29 cal</li> </ul>                                                             | <p><b>23</b></p> <p><b>PULL APART CHEEZY BEEF PEPPERONI BREADSTICKS</b> 271 cal</p> <ul style="list-style-type: none"> <li>Fish Patty on Bun 319 cal</li> <li>Vegan Hummus and w/ Tortilla Round 370 cal</li> </ul>                                                                                                                                                                            |
| <p><b>26</b></p> <p><b>CHICKEN TERIYAKI</b> 245 cal</p> <ul style="list-style-type: none"> <li>Vegan, Chik'n Nuggets 280 cal</li> <li>Korean BBQ Shredded Chicken on Bun 341 cal</li> <li>Cheeseburger on Bun 404 cal</li> <li>Salad, Chef 287 cal</li> <li>Vegetable Egg Roll 140 cal</li> <li>Lo Mein 133 cal</li> <li>Roasted Farm Fresh Green Beans 40 cal</li> <li>Mixed Vegetables 30 cal</li> <li>Frozen Whole Fruit Cup 77 cal</li> <li>Korean BBQ Sauce 61 cal</li> </ul>                                              | <p><b>27</b></p> <p><b>MEXICAN PIZZA</b> 351 cal</p> <ul style="list-style-type: none"> <li>Breaded Mozzarella Cheese Sticks 390 cal</li> <li>Latin Style Black Beans w/ Brown Rice 85 cal</li> <li>Brown Rice 111 cal</li> <li>Sweet Potato Wedges 153 cal</li> <li>Tossed Salad, w/Grape Tomatoes &amp; Carrots, Shredde 17 cal</li> <li>Applesauce Cup 50 cal</li> </ul>                                                                                                         | <p><b>28</b></p> <p><b>CHEESEBURGER ON BUN</b> 404 cal</p> <ul style="list-style-type: none"> <li>Baked Corn dog 243 cal</li> <li>Vegan Salad, w/ Garbanzo Beans 324 cal</li> <li>Vegan Salad w/ Garbanzo Beans 347 cal</li> <li>Savory Herb Crackers 90 cal</li> <li>Baked Beans 150 cal</li> <li>Potato, Cajun Seasoned French Fries 104 cal</li> <li>Fresh Apples 68 cal</li> </ul>                                                                                                                                                         | <p><b>29</b></p> <p><b>CHICKEN PARMESAN OVER PENNE PASTA</b> 388 cal</p> <ul style="list-style-type: none"> <li>Chicken Caesar Wrap 216 cal</li> <li>Hummus with Savory Herb Crackers 402 cal</li> <li>Salad, Chicken Tenders 270 cal</li> <li>Cheese Pizza 360 cal</li> <li>Fresh Baby Carrots, Snack Pack 23 cal</li> <li>Tossed Salad, w/Grape Tomatoes &amp; Carrots, Shredde 17 cal</li> <li>Smooth-Frozen SideKicks Theme Celebrations 75 cal</li> <li>Fresh Apple Slices 29 cal</li> </ul>                                   | <p><b>30</b></p> <p><b>GARLIC CHEESE PIZZA</b> 370 cal</p> <ul style="list-style-type: none"> <li>Yogurt w/ Cheese &amp; Crackers 387 cal</li> <li>Vegan Bean &amp; Green Chile Burrito 290 cal</li> <li>Mini Chicken Fillet Slider on Hawaiian Roll 481 cal</li> <li>Steamed California Blend Vegetables 71 cal</li> <li>Steamed Broccoli 49 cal</li> <li>Fruit Blend Juice 90 cal</li> </ul> |

Served every day:

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.

MenuView