

Monday

Tuesday

Wednesday

Thursday

Friday

5 MACARONI AND CHEESE 312 cal - Turkey & Beef Pepperoni Stuffed Sandwich 301 cal - Hummus with Savory Herb Crackers 402 cal - Wild White Nacho Dorito Chips 130 cal - Sweet Potato Crinkle Cut Fries 169 cal - Black Beans 85 cal - Mixed Fruit Cup 80 cal	6 ARROZ CON POLLO 312 cal - Latin Style Black Beans w/ Brown Rice 85 cal - Salad, Egg & Cheese 223 cal - Soft Tortilla 91 cal - Brown Rice 111 cal - Street Corn 138 cal - Tossed Salad, w/Grape 17 cal - Tomatoes & Carrots, Shredde 60 cal - Frozen Rips Strawberry Kiwi	7 BONELESS CHICKEN WINGS 215 cal - Plant-Based Fiesta Salad w/ Hummus 302 cal - Parfait, Fruit Mix w/Cheese Stick 363 cal - Mini Waffles 89 cal - Tater Tots 116 cal - Steamed California Blend Vegetables 71 cal - Fresh Pineapple Spear 43 cal	1 CHICKEN PARMESAN OVER PENNE PASTA 399 cal - Chicken Caesar Wrap 397 cal - Hummus with Savory Herb Crackers 402 cal - Garlic Breadsticks 110 cal - Fresh Baby Carrots, Snack Pack 23 cal - Tossed Salad, w/Grape 17 cal - Tomatoes & Carrots, Shredde 29 cal - Fresh Apple Slices 29 cal	2 GARLIC CHEESE PIZZA 370 cal - Yogurt w/ Cheese & Crackers 387 cal - Vegan Bean & Green Chile Burrito 290 cal - Steamed California Blend Vegetables 71 cal - Steamed Broccoli 49 cal - Fruit Blend Juice 90 cal
12 No menu published	13 CHICKEN POPCORN 255 cal - Philly Cheese Steak Sub 304 cal - Latin Style Black Beans w/ Brown Rice 85 cal - Brown Rice 111 cal - Fresh Mini Sweet Peppers 13 cal - Potato Smiles 130 cal - Black Beans 85 cal - Fresh Apples 68 cal	14 BREADED CHICKEN DRUMSTICK 442 cal - Honey BBQ Rib on Bun 351 cal - Plant-Based Fiesta Salad w/ Hummus 302 cal - Wheat Roll 78 cal - Farm Fresh Corn Cobettes 97 cal - Farm Fresh Green Beans 25 cal - Pineapple Wedges, Individually Wrapped 50 cal	8 No menu published	9 No menu published
19 CHICKEN, TANGERINE 210 cal - Turkey Ham & Cheese Melt 306 cal - Vegan, Chik'n Nuggets w/ Crackers 396 cal - Woodslee Noodles 138 cal - Sweet Potato Wedges 153 cal - Mixed Vegetables 30 cal - Peach Cup 70 cal	20 BEEF & CHEESE TACO CRISP 360 cal - Vegan Bean & Green Chile Burrito 290 cal - Salad, Egg & Cheese 223 cal - Vegetable, Pepper & Onion Fajita Blend 44 cal - Black Beans 85 cal - Strawberry Applesauce Cup 70 cal	21 BREADED CHICKEN FILLET ON BUN 344 cal - Yogurt w/ Cheese & Crackers 387 cal - Vegan Salad, w/ Garbanzo Beans 324 cal - Potato Wedges 144 cal - Steamed Broccoli 49 cal - Fresh Pineapple Spear 43 cal	15 CHEESE TORTELLINI 199 cal - Meat Sauce 106 cal - Salad, Caesar 175 cal - Plant-Based Fiesta Wrap w/ Hummus 377 cal - Munchies Munch Mix Snack Mix 110 cal - Tossed Salad, w/Grape 17 cal - Tomatoes & Carrots, Shredde 71 cal - Steamed California Blend Vegetables 71 cal - Mixed Fruit Cup 80 cal	16 PIZZA CRUNCHERS 436 cal - Beef Hot Dog on Bun 308 cal - Vegan, Chik'n Nuggets w/ Crackers 396 cal - Baked Beans 150 cal - Fruit Blend Juice 90 cal - Mixed Fruit Cup 80 cal
26 CHICKEN TERIYAKI 245 cal - Vegan, Chik'n Nuggets 280 cal - Korean BBQ Shredded Chicken on Bun 341 cal - Vegetable Egg Roll 140 cal - Lo Mein 133 cal - Roasted Farm Fresh Green Beans 40 cal - Mixed Vegetables 30 cal - Frozen Whole Fruit Cup 77 cal - Korean BBQ Sauce 61 cal	27 MEXICAN PIZZA 351 cal - Breaded Mozzarella Cheese Sticks 390 cal - Latin Style Black Beans w/ Brown Rice 85 cal - Brown Rice 111 cal - Sweet Potato Wedges 153 cal - Tossed Salad, w/Grape 17 cal - Tomatoes & Carrots, Shredde 50 cal - Applesauce Cup	28 CHEESEBURGER ON BUN 404 cal - Baked Corndog 243 cal - Vegan Salad, w/ Garbanzo Beans 324 cal - Savory Herb Crackers 90 cal - Potato, Cajun Seasoned French Fries 104 cal - Baked Beans 75 cal	22 BEEF A RONI 182 cal - Grilled Cheese 284 cal - Vegan, Chik'n Nuggets w/ Crackers 396 cal - Garlic Breadsticks 110 cal - Tossed Salad, w/Grape 17 cal - Tomatoes & Carrots, Shredde 60 cal - Triple Berry Blast Veggie Edge 29 cal - Fresh Apple Slices 29 cal	23 PULL APART CHEEZY BEEF PEPPERONI BREADSTICKS 271 cal - Fish Patty on Bun 319 cal - Vegan Hummus and w/ Tortilla Round 370 cal - Fresh Sliced Cucumbers 11 cal - Sweet Potato Crinkle Cut Fries 169 cal - Fruit Blend Juice 90 cal
29 CHICKEN PARMESAN OVER PENNE PASTA 388 cal - Chicken Caesar Wrap 108 cal - Hummus with Savory Herb Crackers 402 cal - Fresh Baby Carrots, Snack Pack 23 cal - Tossed Salad, w/Grape 17 cal - Tomatoes & Carrots, Shredde 75 cal - Smooth-Frozen SideKicks Theme Celebrations 75 cal - Fresh Apple Slices 29 cal	30 GARLIC CHEESE PIZZA 370 cal - Yogurt w/ Cheese & Crackers 387 cal - Vegan Bean & Green Chile Burrito 290 cal - Steamed California Blend Vegetables 35 cal - Steamed Broccoli 24 cal - Fruit Blend Juice 90 cal	17 No menu published	18 No menu published	24 No menu published

Served every day:



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.