

Coral Springs High

Lunch · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

- 5**
- Chicken, General Tso's** 211 cal
 - Spicy Chicken Tender Sub 446 cal
 - Vegan, Chik'n Nuggets w/ Crackers 377 cal
 - Salad, Chicken Tenders 383 cal
 - Brown Rice 222 cal
 - Peas and Carrots Blend Vegetables 91 cal
 - Sweet Potato Crinkle Cut Fries 169 cal
 - Mixed Fruit Cup 80 cal
 - Breaded Chicken Fillet on Bun 344 cal
 - Breaded Spicy Chicken Fillet on Bun 363 cal

- 6**
- Arroz con Pollo** 467 cal
 - Mexican Pizza 351 cal
 - Latin Style Black Beans w/ Brown Rice 113 cal
 - Brown Rice 222 cal
 - Black Beans 85 cal
 - Seasoned French Fries 121 cal
 - Frozen Rips 60 cal
 - Strawberry Kiwi
 - Cheeseburger on Bun 404 cal

- 7**
- Chicken Caesar Wrap** 397 cal
 - Vegan Bean & Green Chile Burrito 290 cal
 - Chicken, General Tso's 211 cal
 - Salad, Chicken Tenders 383 cal
 - Dinner Roll 70 cal
 - Woodles Noodles 277 cal
 - Steamed Corn 87 cal
 - Pears, Cup 70 cal
 - Chicken Breast Strips 214 cal
 - Spicy Chicken Breast Strips 214 cal

- 1**
- Baked Ziti** 390 cal
 - Spicy Chicken Tender Sub 446 cal
 - Plant-Based Fiesta Wrap w/ Hummus 377 cal
 - Garlic Breadsticks 110 cal
 - Sweet Potato Crinkle Cut Fries 169 cal
 - Mixed Fruit Cup 80 cal
 - Buffalo Chicken Pizza 379 cal
 - Cheeseburger on Bun 404 cal

- 2**
- Jamaican Beef Patty** 227 cal
 - Vegan, Chik'n Nuggets w/ Crackers 377 cal
 - Plant-Based Fiesta Salad w/ Hummus 326 cal
 - Farm Fresh Corn Cobettes 97 cal
 - Fruit Blend Juice 90 cal
 - Breaded Chicken Fillet on Bun 344 cal
 - Breaded Spicy Chicken Fillet on Bun 363 cal

12

No menu published

- 13**
- Burrito Bowl** 347 cal
 - Fish Patty on Bun 319 cal
 - Vegan Hummus and w/ Tortilla Round 370 cal
 - Tortilla Scoop Chips 110 cal
 - Street Corn 146 cal
 - Black Beans 85 cal
 - Fresh Baby Carrots, Snack Pack 23 cal
 - Strawberry Applesauce Cup 70 cal
 - Cheeseburger on Bun 404 cal

- 14**
- Korean BBQ Chicken Wings** 740 cal
 - Spicy Chicken Tender Sub 446 cal
 - Yogurt Parfait, Peach 492 cal
 - Breaded Onion Rings 180 cal
 - Dinner Roll 140 cal
 - Fresh Carrots & Celery Sticks 17 cal
 - Potato, Cajun Seasoned French Fries 104 cal
 - Pears, Cup 70 cal
 - Chicken Breast Strips 214 cal
 - Spicy Chicken Breast Strips 214 cal

- 15**
- Beef A Roni** 364 cal
 - Chicken Caesar Wrap 216 cal
 - Vegan Bean & Green Chile Burrito 290 cal
 - Plant-Based Fiesta Salad w/ Hummus 326 cal
 - Hawaiian Roll 129 cal
 - Steamed Broccoli 49 cal
 - Sweet Potato Wedges 153 cal
 - Mixed Fruit Cup 80 cal
 - Cheeseburger on Bun 404 cal

- 16**
- Broward Spicy Bowl** 578 cal
 - Vegan, Chik'n Nuggets w/ Crackers 396 cal
 - Steamed California Blend Vegetables 71 cal
 - Fresh Mini Sweet Peppers 13 cal
 - Fruit Blend Juice 90 cal
 - Breaded Chicken Fillet on Bun 344 cal
 - Breaded Spicy Chicken Fillet on Bun 363 cal

- 19**
- Beef & Broccoli** 267 cal
 - Spicy Chicken Tender Sub 446 cal
 - Vegan, Chik'n Nuggets w/ Crackers 396 cal
 - Brown Rice 222 cal
 - Roasted Farm Fresh Green Beans 40 cal
 - Sweet Potato Crinkle Cut Fries 169 cal
 - Pineapple Wedges, Individually Wrapped 50 cal
 - Breaded Chicken Fillet on Bun 344 cal
 - Breaded Spicy Chicken Fillet on Bun 363 cal

- 20**
- Latin Style Black Beans w/ Brown Rice** 113 cal
 - Brown Rice 222 cal
 - Baked Potato 170 cal
 - Black Beans 85 cal
 - Steamed Broccoli 49 cal
 - Peach Cup 70 cal
 - Cheeseburger on Bun 404 cal

- 21**
- Boneless Chicken Wings** 215 cal
 - Vegan Bean & Green Chile Burrito 290 cal
 - Dinner Roll 140 cal
 - Potato, Cajun Seasoned French Fries 104 cal
 - Pears, Cup 70 cal
 - Breaded Chicken Fillet on Bun 344 cal
 - Breaded Spicy Chicken Fillet on Bun 363 cal

- 22**
- Cheese Tortellini** 265 cal
 - Meat Sauce 106 cal
 - Chicken Caesar Wrap 216 cal
 - Philly Cheese Steak Sub 297 cal
 - Hawaiian Roll 129 cal
 - Steamed California Blend Vegetables 71 cal
 - Sweet Potato Wedges 153 cal
 - Applesauce Cup 50 cal

- 23**
- Jamaican Beef Patty** 227 cal
 - Vegan, Chik'n Nuggets w/ Crackers 396 cal
 - Potato, Cajun Seasoned French Fries 104 cal
 - Roasted Butternut Squash 82 cal
 - Fruit Blend Juice 90 cal
 - Breaded Chicken Fillet on Bun 344 cal
 - Breaded Spicy Chicken Fillet on Bun 363 cal

- 26**
- Chicken Teriyaki** 245 cal
 - Vegan, Chik'n Nuggets w/ Crackers 396 cal
 - Vegetable Egg Roll 140 cal
 - Lo Mein 265 cal
 - Steamed Broccoli 49 cal
 - Fresh Baby Carrots, Snack Pack 23 cal
 - Frozen Whole Fruit Cup 77 cal
 - Breaded Chicken Fillet on Bun 344 cal
 - Breaded Spicy Chicken Fillet on Bun 363 cal

- 27**
- Jamaican Beef Patty** 227 cal
 - Vegan Bean & Green Chile Burrito 290 cal
 - Plantains 283 cal
 - Black Beans 85 cal
 - Applesauce Cup 50 cal
 - Cheeseburger on Bun 404 cal

- 28**
- Cajun Seasoned Chicken Wings** 709 cal
 - Latin Style Black Beans w/ Brown Rice 113 cal
 - Brown Rice 222 cal
 - Dinner Roll 140 cal
 - Fresh Carrots & Celery Sticks 17 cal
 - Potato, Cajun Seasoned French Fries 104 cal
 - Pears, Cup 70 cal
 - Breaded Spicy Chicken Fillet on Bun 363 cal
 - Breaded Chicken Fillet on Bun 344 cal

- 29**
- Baked Ziti** 390 cal
 - Garlic Breadsticks 110 cal
 - Roasted Zucchini, Yellow Squash Mix 48 cal
 - Sweet Potato Crinkle Cut Fries 169 cal
 - Mixed Fruit Cup 80 cal
 - Cheeseburger on Bun 404 cal

- 30**
- Chicken Popcorn** 255 cal
 - Vegan, Chik'n Nuggets w/ Crackers 396 cal
 - Dinner Roll 140 cal
 - Steamed Corn 87 cal
 - Fruit Blend Juice 90 cal
 - Breaded Chicken Fillet on Bun 344 cal
 - Breaded Spicy Chicken Fillet on Bun 363 cal

Served every day

- Yogurt Parfait, Strawberry · Salad, Caesar · Vegan Salad, w/ Chik'n Nuggets · Savory Herb Crackers · Tossed Salad w/ Romaine Lettuce & Grape Tomatoes
- Fresh Apple Slices · Milk · Cheese Pizza