

Monday
Tuesday
Wednesday
Thursday
Friday

CHICKEN, GENERAL TSO'S 211 cal
Spicy Chicken Tender 446 cal
Sub
Vegan, Chik'n Nuggets w/ Crackers 377 cal
Salad, Chicken Fajita 129 cal
Salad, w/ Black Beans & Seeds 319 cal
Brown Rice 222 cal
Peas and Carrots Blend 91 cal
Sweet Potato Crinkle 109 cal
Cut Fries 16 cal
Tossed Salad w/Romaine Lettuce & Grape Tomatoes 21 cal
Fresh Cucumbers with Carrots 21 cal
Mixed Fruit Cup 80 cal
Fresh Apple Slices 29 cal
Breaded Spicy Chicken Fillet on Bun 363 cal
Spicy Chicken Breast Strips 214 cal
Dinner Roll 140 cal

ARROZ CON POLLO 487 cal
Mexican Pizza 351 cal
Latin Style Black Beans w/ Brown Rice 313 cal
Salad, Chicken Tenders 303 cal
Salad, w/ Black Beans & Seeds 319 cal
Brown Rice 222 cal
Black Beans 85 cal
Seasoned French Fries 121 cal
Tossed Salad w/Romaine Lettuce & Grape Tomatoes 15 cal
Fresh Zucchini and Yellow Squash Salad 15 cal
Fresh Baby Carrots, Snack Pack 23 cal
Frozen Rips Strawberry Kiwi 50 cal
Fresh Cantaloupe 30 cal
Cheeseburger on Bun 404 cal
Mini Chicken Fillet Slider on Hawaiian Roll 481 cal
Buffalo Chicken Pizza 379 cal
Dinner Roll 140 cal

HOKE POKE CHICKEN TERIYAKI 243 cal
Vegan Bean & Green Chile Burrito 292 cal
Salad, Caesar 187 cal
Salad, Vegetarian w/ Beans & Tenders 277 cal
Woolies Noodles 87 cal
Steamed Corn 11 cal
Fresh Sliced Cucumbers 15 cal
Fresh Grape Tomato 15 cal
Tossed Salad w/Romaine Lettuce & Diced Tomatoes 15 cal
Black Beans 96 cal
Fresh Apple Slices 29 cal
Pears, Cup 70 cal
Breaded Spicy Chicken Fillet on Bun 363 cal
Chicken Breast Strips 214 cal
Dinner Roll 70 cal

No menu published

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No menu published

BURRITO BOWL 347 cal
Fish Patty on Bun 319 cal
Yogurt Parfait, Strawberry 439 cal
Jamaican Beef Patty 227 cal
Spicy Chicken Breast Strips 214 cal
Tortilla Scoop Chips 110 cal
Dinner Roll 70 cal
Street Corn 146 cal
Black Beans 85 cal
Fresh Zucchini and Yellow Squash Salad 15 cal
Strawberry Applesauce 70 cal
Fresh Pineapple Spear 43 cal
Cheeseburger on Bun 404 cal
Buffalo Chicken Pizza 379 cal

KOREAN BBQ CHICKEN WINGS 740 cal
Spicy Chicken Tender 446 cal
Sub
Salad, Chicken Tenders 303 cal
Salad, w/ Black Beans & Seeds 319 cal
Breaded Onion Rings 100 cal
Fresh Carrots & Celery 17 cal
Potato, Cajun Seasoned French Fries 104 cal
Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal
Black Beans 96 cal
Pears, Cup 70 cal
Fresh Apple Slices 29 cal
Breaded Spicy Chicken Fillet on Bun 363 cal
Spicy Chicken Breast Strips 214 cal

BEEF A RONI 364 cal
Chicken Caesar Wrap 216 cal
Vegan Bean & Green Chile Burrito 292 cal
Salad, w/ Black Beans & Seeds 319 cal
Salad, Caesar 187 cal
Yogurt Parfait, Strawberry 439 cal
Yogurt Parfait, Blueberry 439 cal
Hawaiian Roll 129 cal
Steamed Broccoli 49 cal
Sweet Potato Wedges 113 cal
Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal
Fresh Baby Carrots, Snack Pack 23 cal
Fresh Apple Slices 29 cal
Mixed Fruit Cup 80 cal
Cheeseburger on Bun 404 cal
Mini Chicken Fillet Slider on Hawaiian Roll 481 cal
Buffalo Chicken Pizza 379 cal
Dinner Roll 70 cal

BROWARD SPICY BOWL 578 cal
Vegan, Chik'n Nuggets w/ Crackers 377 cal
Turkey Ham & Cheese 349 cal
Melt 195 cal
Salad, Chicken Tenders 270 cal
Salad, w/ Black Beans & Seeds 319 cal
Steamed California Blend Vegetables 71 cal
Fresh Mini Sweet Peppers 15 cal
Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal
Fresh Baby Carrots, Snack Pack 23 cal
Variety Juice 90 cal
Pineapple Wedges, Individually Wrapped 50 cal
Breaded Chicken Fillet on Bun 344 cal
Dinner Roll 70 cal

BEEF & BROCCOLI 267 cal
Spicy Chicken Tender 446 cal
Sub
Salad, Sliced Turkey & Cheese 241 cal
Salad, w/ Black Beans & Seeds 319 cal
Brown Rice 222 cal
Roasted Farm Fresh Green Beans 40 cal
Sweet Potato Crinkle 109 cal
Cut Fries 16 cal
Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal
Fresh Baby Carrots, Snack Pack 23 cal
Pineapple Wedges, Individually Wrapped 50 cal
Fresh Sliced Orange 66 cal
Breaded Spicy Chicken Fillet on Bun 363 cal
Chicken Breast Strips 214 cal
Vegan, Chik'n Nuggets w/ Crackers 377 cal
Dinner Roll 70 cal

BEEF TACO/NACHOS MEAT 341 cal
Latin Style Black Beans w/ Brown Rice 313 cal
Yogurt Parfait, Strawberry 439 cal
Jamaican Beef Patty 227 cal
Spicy Chicken Breast Strips 214 cal
Soft Tortilla 382 cal
Brown Rice 222 cal
Baked Potato 170 cal
Black Beans 85 cal
Steamed Broccoli 49 cal
Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal
Fresh Apple Slices 29 cal
Peach Cup 70 cal
Cheeseburger on Bun 404 cal
Mini Chicken Fillet Slider on Hawaiian Roll 481 cal
Buffalo Chicken Pizza 379 cal
Dinner Roll 70 cal

BONELESS CHICKEN WINGS 255 cal
Philly Cheese Steak 297 cal
Sub
Vegan Bean & Green Chile Burrito 292 cal
Salad, Chicken Fajita 129 cal
Salad, w/ Black Beans & Seeds 319 cal
Brown Rice 222 cal
Fresh Carrots & Celery 17 cal
Potato, Cajun Seasoned French Fries 104 cal
Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal
Fresh Grape Tomato 15 cal
Pears, Cup 70 cal
Fresh Apple Slices 29 cal
Breaded Spicy Chicken Fillet on Bun 363 cal
Spicy Chicken Breast Strips 214 cal
Dinner Roll 70 cal

CHEESE TORTELLINI 265 cal
Meat Sauce 306 cal
Chicken Caesar Wrap 216 cal
Plant-Based Fiesta Wrap w/ Hummus 377 cal
Salad, w/ Black Beans & Seeds 319 cal
Salad, Chef 287 cal
Yogurt Parfait, Strawberry 446 cal
Hawaiian Roll 129 cal
Steamed California Blend Vegetables 71 cal
Sweet Potato Wedges 113 cal
Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal
Fresh Zucchini and Yellow Squash Salad 15 cal
Applesauce Cup 50 cal
Fresh Sliced Orange 66 cal
Buffalo Chicken Pizza 379 cal
Dinner Roll 70 cal

CHICKEN POPCORN 255 cal
Jamaican Beef Patty 227 cal
Vegan, Chik'n Nuggets w/ Crackers 377 cal
Salad, Chicken Tenders 270 cal
Vegan Salad w/ Garbanzo Beans 347 cal
Brown Rice 222 cal
Potato, Cajun Seasoned French Fries 104 cal
Roasted Butternut Squash 82 cal
Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal
Black Beans 96 cal
Variety Juice 90 cal
Fresh Cantaloupe 30 cal
Breaded Chicken Fillet on Bun 344 cal
Dinner Roll 70 cal

CHICKEN TERIYAKI 243 cal
Korean BBQ Shredded Chicken on Bun 438 cal
Vegan, Chik'n Nuggets w/ Crackers 377 cal
Salad, w/ Black Beans & Seeds 319 cal
Salad, Caesar 187 cal
Vegetable Egg Roll 140 cal
Lo Mein 265 cal
Creamed Broccoli 49 cal
Roasted Dill Carrots 15 cal
Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal
Fresh Baby Carrots, Snack Pack 23 cal
Frozen Whole Fruit Cup 30 cal
Fresh Pineapple Spear 43 cal
Breaded Spicy Chicken Fillet on Bun 363 cal
Chicken Breast Strips 214 cal
Dinner Roll 70 cal

BEEF & CHEESE TACO CRISP 360 cal
Jamaican Beef Patty 227 cal
Vegan Bean & Green Chile Burrito 292 cal
Yogurt Parfait, Strawberry 439 cal
Salad, Chicken Tenders 270 cal
Vegan Salad w/ Garbanzo Beans 347 cal
Plantains 293 cal
Black Beans 85 cal
Tossed Salad w/Romaine Lettuce & Grape Tomatoes 15 cal
Fresh Broccoli & Cucumber Salad 11 cal
Applesauce Cup 50 cal
Fresh Cantaloupe 30 cal
Cheeseburger on Bun 404 cal
Mini Chicken Fillet Slider on Hawaiian Roll 481 cal
Buffalo Chicken Pizza 379 cal
Dinner Roll 70 cal

KOREAN BBQ CHICKEN WINGS 740 cal
Chicken Caesar Wrap 216 cal
Latin Style Black Beans w/ Brown Rice 313 cal
Salad, Chicken Tenders 303 cal
Vegan Salad w/ Garbanzo Beans 347 cal
Brown Rice 222 cal
Fresh Carrots & Celery 17 cal
Potato, Cajun Seasoned French Fries 104 cal
Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal
Fresh Grape Tomato 15 cal
Pears, Cup 70 cal
Fresh Apple Slices 29 cal
Breaded Spicy Chicken Fillet on Bun 363 cal
Spicy Chicken Breast Strips 214 cal
Dinner Roll 70 cal

BAKED ZITI 390 cal
Plant-Based Fiesta Wrap w/ Hummus 377 cal
Yogurt Parfait, Strawberry 439 cal
Yogurt Parfait, Blueberry 439 cal
Gauche Breadsticks 110 cal
Roasted Zucchini, Yellow Squash Mix 40 cal
Sweet Potato Crinkle 109 cal
Cut Fries 16 cal
Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal
Farm Fresh Green Beans 51 cal
Fresh Apple Slices 29 cal
Mixed Fruit Cup 80 cal
Cheeseburger on Bun 404 cal
Mini Chicken Fillet Slider on Hawaiian Roll 481 cal
Buffalo Chicken Pizza 379 cal

CHICKEN POPCORN 255 cal
Fish Patty on Bun 319 cal
Vegan, Chik'n Nuggets w/ Crackers 377 cal
Salad, Chicken Tenders 270 cal
Brown Rice 222 cal
Farm Fresh Corn Cobettes 97 cal
Fresh Mini Sweet Peppers 15 cal
Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal
Black Beans 96 cal
Fresh Grape Tomato 15 cal
Salad 96 cal
Variety Juice 90 cal
Fresh Apple Slices 29 cal
Breaded Chicken Fillet on Bun 344 cal
Plant-Based Fiesta Salad w/ Hummus 326 cal