

Monday

Tuesday

Wednesday

Thursday

Friday

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| 12 | <b>CHICKEN, GENERAL TSO'S</b> 211 cal<br>Vegan, Chik'n Nuggets w/ Crackers 377 cal<br>Salad, Caesar 187 cal<br>Salad/Vegan w/ Buffalo Fava Crisp 248 cal<br>Brown Rice 148 cal<br>Peas and Carrots Blend Vegetables 31 cal<br>Sweet Potato Crinkle Cut Fries 169 cal<br>Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal<br>Fresh Cucumbers with Carrots 21 cal<br>Mixed Fruit Cup 80 cal<br>Fresh Apple Slices 29 cal<br>Milk 110 cal<br>Four Meat Pizza 371 cal<br>Breaded Chicken Fillet on Bun 344 cal<br>Savory Herb Crackers 90 cal |
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| 13 | <b>ARROZ CON POLLO</b> 312 cal<br>Mexican Pizza 351 cal<br>Latin Style Black Beans w/ Brown Rice 113 cal<br>Yogurt Parfait, Strawberry 446 cal<br>Salad, Caesar 187 cal<br>Salad/Vegan w/ Buffalo Fava Crisp 248 cal<br>Brown Rice 148 cal<br>Black Beans 85 cal<br>Seasoned French Fries 121 cal<br>Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal<br>Fresh Zucchini and Yellow Squash Salad 19 cal<br>Fresh Baby Carrots, Snack Pack 23 cal<br>Frozen Rips Strawberry Kiwi 60 cal<br>Fresh Sliced Orange 66 cal<br>Milk 110 cal<br>Buffalo Chicken Pizza 379 cal<br>Hamburger on Bun 369 cal<br>Cheesburger on Bun 404 cal<br>Savory Herb Crackers 90 cal |
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| 14 | <b>HOKE POKE CHICKEN, GENERAL TSO'S</b> 211 cal<br>Vegan Bean & Green Chile Burrito 290 cal<br>Wondles Noodles 138 cal<br>Fresh Sliced Cucumbers 11 cal<br>Fresh Grape Tomato Salad 19 cal<br>Black Beans 96 cal<br>Steamed Corn 107 cal<br>Fresh Apple Slices 29 cal<br>Pears, Cup 70 cal<br>Milk 110 cal<br>Four Meat Pizza 371 cal |
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| 15 | <b>BAKED ZITI</b> 390 cal<br>Salad, Chef 207 cal<br>Yogurt Parfait, Strawberry 446 cal<br>Garlic Breadsticks 110 cal<br>Roasted Zucchini, Yellow Squash Mix 48 cal<br>Sweet Potato Crinkle Cut Fries 169 cal<br>Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal<br>Farm Fresh Green Beans 51 cal<br>Fresh Apple Slices 29 cal<br>Mixed Fruit Cup 80 cal<br>Milk 110 cal<br>Buffalo Chicken Pizza 379 cal<br>Hamburger on Bun 369 cal<br>Cheesburger on Bun 404 cal<br>Savory Herb Crackers 90 cal |
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| 16 | <b>CHICKEN POPCORN</b> 255 cal<br>Jamaican Beef Patty 227 cal<br>Vegan, Chik'n Nuggets w/ Crackers 377 cal<br>Brown Rice 148 cal<br>Farm Fresh Corn Cobettes 97 cal<br>Fresh Mini Sweet Peppers 13 cal<br>Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal<br>Black Beans 96 cal<br>Fresh Grape Tomato Salad 19 cal<br>Fruit Blend Juice 90 cal<br>Milk 110 cal<br>Four Meat Pizza 371 cal<br>Breaded Chicken Fillet on Bun 344 cal<br>Savory Herb Crackers 90 cal |
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| 17 | No menu published |
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| 18 | <b>BURRITO BOWL</b> 347 cal<br>Fish Patty on Bun 379 cal<br>Latin Style Black Beans w/ Brown Rice 113 cal<br>Salad, Caesar 187 cal<br>Salad/Vegan w/ Buffalo Fava Crisp 248 cal<br>Tortilla Scoop Chips 160 cal<br>Brown Rice 148 cal<br>Street Corn 146 cal<br>Black Beans 85 cal<br>Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal<br>Fresh Zucchini and Yellow Squash Salad 19 cal<br>Strawberry Applesauce Cup 23 cal<br>Fresh Sliced Orange 66 cal<br>Milk 110 cal<br>Buffalo Chicken Pizza 379 cal<br>Hamburger on Bun 369 cal<br>Cheesburger on Bun 404 cal |
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| 19 | <b>CHICKEN WINGS</b> 562 cal<br>Korean BBQ Chicken Wings 740 cal<br>Salad, Caesar 187 cal<br>Breaded Onion Rings 100 cal<br>Fresh Carrots & Celery Sticks 17 cal<br>Potato, Cajun Seasoned French Fries 104 cal<br>Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal<br>Black Beans 96 cal<br>Pears, Cup 70 cal<br>Fresh Banana (Ripe) 68 cal<br>Milk 110 cal<br>Four Meat Pizza 371 cal<br>Breaded Spicy Chicken Fillet on Bun 343 cal<br>Dinner Roll 70 cal<br>Savory Herb Crackers 90 cal |
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| 20 | <b>BEEF A RONI</b> 205 cal<br>Chicken Caesar Wrap 216 cal<br>Vegan Bean & Green Chile Burrito 290 cal<br>Hawaiian Roll 129 cal<br>Steamed Broccoli 49 cal<br>Sweet Potato Wedges 153 cal<br>Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal<br>Broccoli (Cold) 20 cal<br>Fresh Baby Carrots, Snack Pack 23 cal<br>Mixed Fruit Cup 80 cal<br>Fresh Pineapple Spear 43 cal<br>Milk 110 cal<br>Buffalo Chicken Pizza 379 cal<br>Hamburger on Bun 369 cal<br>Cheesburger on Bun 404 cal<br>Mini Chicken Fillet Slider on Hawaiian Roll 481 cal<br>Plant-Based Fiesta Salad w/ Hummus 326 cal<br>Savory Herb Crackers 90 cal |
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| 21 | <b>BROWARD SPICY BOWL</b> 578 cal<br>Broward Bowl 578 cal<br>Vegan, Chik'n Nuggets w/ Crackers 396 cal<br>Salad, Chef 287 cal<br>Macaroni and Cheese 312 cal<br>Salad/Vegan w/ Buffalo Fava Crisp 248 cal<br>Steamed California Blend Vegetables 71 cal<br>Fresh Mini Sweet Peppers 13 cal<br>Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal<br>Fresh Baby Carrots, Snack Pack 23 cal<br>Fruit Blend Juice 90 cal<br>Fresh Apples 68 cal<br>Milk 110 cal<br>Four Meat Pizza 371 cal<br>Breaded Chicken Fillet on Bun 344 cal<br>Dinner Roll 70 cal<br>Savory Herb Crackers 90 cal |
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| 22 | <b>BEEF &amp; BROCCOLI</b> 207 cal<br>Spicy Chicken Tender Sub 446 cal<br>Salad, Caesar 187 cal<br>Brown Rice 148 cal<br>Roasted Farm Fresh Green Beans 40 cal<br>Sweet Potato Crinkle Cut Fries 169 cal<br>Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal<br>Fresh Baby Carrots, Snack Pack 23 cal<br>Pineapple Wedges, Individually Wrapped 50 cal<br>Fresh Apple Slices 29 cal<br>Milk 110 cal<br>Four Meat Pizza 371 cal<br>Vegan, Chik'n Nuggets w/ Crackers 396 cal<br>Savory Herb Crackers 90 cal |
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| 23 | <b>LATIN STYLE BLACK BEANS w/ BROWN RICE</b> 113 cal<br>Brown Rice 148 cal<br>Baked Potato 170 cal<br>Black Beans 85 cal<br>Steamed Broccoli 49 cal<br>Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal<br>Fresh Broccoli & Cucumber Salad 11 cal<br>Peach Cup 70 cal<br>Fresh Sliced Orange 66 cal<br>Milk 110 cal<br>Buffalo Chicken Pizza 379 cal<br>Hamburger on Bun 369 cal<br>Cheesburger on Bun 404 cal<br>Savory Herb Crackers 90 cal |
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| 24 | <b>BONELESS CHICKEN WINGS</b> 215 cal<br>Philly Cheese Steak Sub 297 cal<br>Vegan Bean & Green Chile Burrito 290 cal<br>Salad, Caesar 187 cal<br>Salad/Vegan w/ Buffalo Fava Crisp 248 cal<br>Brown Rice 148 cal<br>Fresh Carrots & Celery Sticks 17 cal<br>Potato, Cajun Seasoned French Fries 104 cal<br>Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal<br>Fresh Grape Tomato Salad 19 cal<br>Pears, Cup 70 cal<br>Fresh Apples 68 cal<br>Milk 110 cal<br>Four Meat Pizza 371 cal<br>Breaded Spicy Chicken Fillet on Bun 343 cal |
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| 25 | <b>CHEESE TORTELLINI</b> 199 cal<br>Meat Sauce 106 cal<br>Chicken Caesar Wrap 216 cal<br>Plant-Based Fiesta Wrap w/ Hummus 377 cal<br>Hawaiian Roll 129 cal<br>Steamed California Blend Vegetables 71 cal<br>Sweet Potato Wedges 153 cal<br>Applesauce Cup 50 cal<br>Buffalo Chicken Pizza 379 cal |
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| 26 | <b>CHICKEN POPCORN</b> 255 cal<br>Jamaican Beef Patty 227 cal<br>Vegan, Chik'n Nuggets w/ Crackers 396 cal<br>Brown Rice 148 cal<br>Potato, Cajun Seasoned French Fries 104 cal<br>Black Beans 96 cal<br>Sweet Potato Pizza 371 cal<br>Breaded Chicken Fillet on Bun 344 cal<br>Plant-Based Fiesta Salad w/ Hummus 326 cal |
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| 27 | <b>CHICKEN TERIYAKI</b> 245 cal<br>Korean BBQ Shredded Chicken on Bun 418 cal<br>Vegan, Chik'n Nuggets w/ Crackers 396 cal<br>Salad, Caesar 187 cal<br>Vegetable Egg Roll 140 cal<br>Lo Mein 49 cal<br>Steamed Broccoli 49 cal<br>Frozen Whole Fruit Cup 77 cal<br>Four Meat Pizza 371 cal<br>Breaded Chicken Fillet on Bun 344 cal |
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| 28 | <b>BEEF &amp; CHEESE TACO CRISP</b> 380 cal<br>Jamaican Beef Patty 227 cal<br>Vegan Bean & Green Chile Burrito 290 cal<br>Salad, Chef 207 cal<br>Plantains 203 cal<br>Black Beans 85 cal<br>Applesauce Cup 50 cal<br>Buffalo Chicken Pizza 379 cal<br>Hamburger on Bun 369 cal<br>Cheesburger on Bun 404 cal |
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| 29 | <b>CHICKEN WINGS</b> 562 cal<br>Korean BBQ Chicken Wings 740 cal<br>Chicken Caesar Wrap 216 cal<br>Latin Style Black Beans w/ Brown Rice 113 cal<br>Brown Rice 148 cal<br>Fresh Carrots & Celery Sticks 17 cal<br>Potato, Cajun Seasoned French Fries 104 cal<br>Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal<br>Black Beans 96 cal<br>Fresh Grape Tomato Salad 19 cal<br>Pears, Cup 70 cal<br>Fresh Apples 68 cal<br>Milk 110 cal<br>Four Meat Pizza 371 cal<br>Breaded Spicy Chicken Fillet on Bun 343 cal<br>Dinner Roll 70 cal |
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| 30 | <b>BAKED ZITI</b> 390 cal<br>Plant-Based Fiesta Wrap w/ Hummus 377 cal<br>Salad, Caesar 187 cal<br>Salad/Vegan w/ Buffalo Fava Crisp 248 cal<br>Yogurt Parfait, Strawberry 446 cal<br>Garlic Breadsticks 110 cal<br>Roasted Zucchini, Yellow Squash Mix 48 cal<br>Sweet Potato Crinkle Cut Fries 169 cal<br>Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal<br>Farm Fresh Green Beans 51 cal<br>Fresh Apple Slices 29 cal<br>Mixed Fruit Cup 80 cal<br>Milk 110 cal<br>Buffalo Chicken Pizza 379 cal<br>Hamburger on Bun 369 cal<br>Cheesburger on Bun 404 cal<br>Savory Herb Crackers 90 cal |
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| 31 | <b>CHICKEN POPCORN</b> 255 cal<br>Fish Patty on Bun 379 cal<br>Vegan, Chik'n Nuggets w/ Crackers 396 cal<br>Salad, Chef 287 cal<br>Salad w/ Small Red Beans & Seeds 340 cal<br>Brown Rice 148 cal<br>Farm Fresh Corn Cobettes 97 cal<br>Fresh Mini Sweet Peppers 13 cal<br>Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal<br>Black Beans 96 cal<br>Fresh Grape Tomato Salad 19 cal<br>Fresh Banana (Ripe) 68 cal<br>Fruit Blend Juice 90 cal<br>Milk 110 cal<br>Four Meat Pizza 371 cal<br>Breaded Chicken Fillet on Bun 344 cal<br>Plant-Based Fiesta Salad w/ Hummus 326 cal<br>Savory Herb Crackers 90 cal |
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