

Monday

Tuesday

Wednesday

Thursday

Friday

5	CHICKEN, GENERAL TSO'S Chicken Tender Sub 291 cal Spicy Chicken Tender Sub 446 cal Vegan, Chik'n Nuggets w/ Crackers 377 cal Breaded Chicken Fillet on Bun 344 cal Breaded Spicy Chicken Fillet on Bun 363 cal Chicken Breast Strips 214 cal Spicy Chicken Breast Strips 214 cal Four Meat Pizza 371 cal Brown Rice 222 cal Peas and Carrots Blend 91 cal Sweet Potato Crinkle Cut Fries 169 cal Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal Fresh Cucumbers with Carrots 21 cal Mixed Fruit Cup 80 cal
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6	ARROZ CON POLLO Mexican Pizza 351 cal Latin Style Black Beans w/ Brown Rice 113 cal Hamburger on Bun 369 cal Cheeseburger on Bun 404 cal Mini Chicken Fillet Slider on Hawaiian Roll 481 cal Buffalo Chicken Pizza 379 cal Brown Rice 222 cal Black Beans 85 cal Seasoned French Fries 121 cal Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal Fresh Zucchini and Yellow Squash Salad 15 cal Fresh Baby Carrots, Snack Pack 23 cal Frozen Rips Strawberry Kiwi 60 cal
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7	HOKE POKE CHICKEN TERIYAKI Hoke Poke Chicken, General Tso's 211 cal Chicken Caesar Wrap 397 cal Vegan Bean & Green Chile Burrito 290 cal Breaded Chicken Fillet on Bun 344 cal Breaded Spicy Chicken Fillet on Bun 363 cal Chicken Breast Strips 214 cal Spicy Chicken Breast Strips 214 cal Four Meat Pizza 371 cal Woolies Noodles 277 cal Steamed Corn 107 cal Fresh Sliced Cucumbers 11 cal Fresh Grape Tomato Salad 15 cal Tossed Salad w/Romaine Lettuce & Diced Tomatoes 16 cal Black Beans 96 cal Fresh Apple Slices 29 cal Pears, Cup 70 cal
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8	No menu published.
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12	No menu published.
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13	BURRITO BOWL Fish Patty on Bun 319 cal Latin Style Black Beans w/ Brown Rice 113 cal Hamburger on Bun 369 cal Cheeseburger on Bun 404 cal Mini Chicken Fillet Slider on Hawaiian Roll 481 cal Buffalo Chicken Pizza 379 cal Tortilla Scoop Chips 100 cal Brown Rice 222 cal Street Corn 166 cal Black Beans 85 cal Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal Fresh Zucchini and Yellow Squash Salad 15 cal Fresh Baby Carrots, Snack Pack 23 cal Strawberry Applesauce Cup 70 cal
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14	CHICKEN WINGS BBQ Chicken Wings 737 cal Cajun Seasoned Chicken Wings 709 cal Parmesan Seasoned Chicken Wings 750 cal Korean BBQ Chicken Wings 740 cal Chicken Tender Sub 446 cal Spicy Chicken Tender Sub 446 cal Breaded Chicken Fillet on Bun 344 cal Breaded Spicy Chicken Fillet on Bun 363 cal Chicken Breast Strips 214 cal Spicy Chicken Breast Strips 214 cal Four Meat Pizza 371 cal Breaded Onion Rings 100 cal Fresh Carrots & Celery Sticks 17 cal Potato, Cajun Seasoned French Fries 104 cal Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal Black Beans 96 cal Pears, Cup 70 cal
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15	BEEF A RONI Chicken Caesar Wrap 216 cal Vegan Bean & Green Chile Burrito 290 cal Plant-Based Fiesta Salad w/ Hummus 326 cal Hamburger on Bun 369 cal Cheeseburger on Bun 404 cal Mini Chicken Fillet Slider on Hawaiian Roll 481 cal Buffalo Chicken Pizza 379 cal Hawaiian Roll 129 cal Steamed Broccoli 49 cal Sweet Potato Wedges 153 cal Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal Broccoli (Cold) 28 cal Fresh Baby Carrots, Snack Pack 23 cal Fresh Apple Slices 29 cal Mixed Fruit Cup 80 cal
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16	BROWARD SPICY BOWL Broward Bowl 578 cal Vegan, Chik'n Nuggets w/ Crackers 377 cal Turkey Ham & Cheese Melt 349 cal Breaded Chicken Fillet on Bun 344 cal Breaded Spicy Chicken Fillet on Bun 363 cal Four Meat Pizza 371 cal Steamed California Blend Vegetables 71 cal Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal Fresh Baby Carrots, Snack Pack 23 cal Variety Juice 90 cal
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19	BEEF & BROCCOLI Chicken Tender Sub 446 cal Spicy Chicken Tender Sub 446 cal Vegan, Chik'n Nuggets w/ Crackers 396 cal Breaded Chicken Fillet on Bun 344 cal Breaded Spicy Chicken Fillet on Bun 363 cal Chicken Breast Strips 214 cal Spicy Chicken Breast Strips 214 cal Four Meat Pizza 371 cal Brown Rice 222 cal Roasted Farm Fresh Green Beans 40 cal Sweet Potato Crinkle Cut Fries 169 cal Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal Fresh Baby Carrots, Snack Pack 23 cal Pineapple Wedges, Individually Wrapped 50 cal
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20	BEEF TACO/NACHOS MEAT Beef Tacos 309 cal Premium Beef Tacos/Nachos Meat 367 cal Latin Style Black Beans w/ Brown Rice 113 cal Hamburger on Bun 369 cal Cheeseburger on Bun 404 cal Mini Chicken Fillet Slider on Hawaiian Roll 481 cal Buffalo Chicken Pizza 379 cal Soft Tortilla 182 cal Brown Rice 222 cal Baked Potato 100 cal Black Beans 85 cal Steamed Broccoli 49 cal Tossed Salad w/Romaine Lettuce & Diced Tomatoes 16 cal Fresh Broccoli & Cucumber Salad 11 cal Fresh Apple Slices 29 cal Peach Cup 70 cal
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21	BONELESS CHICKEN WINGS Puliy Cheese Steak 297 cal Chicken Caesar Wrap 216 cal Plant-Based Fiesta Salad w/ Hummus 326 cal Hamburger on Bun 369 cal Cheeseburger on Bun 404 cal Mini Chicken Fillet Slider on Hawaiian Roll 481 cal Buffalo Chicken Pizza 379 cal Hawaiian Roll 129 cal Steamed California Blend Vegetables 71 cal Sweet Potato Wedges 153 cal Tossed Salad w/Romaine Lettuce & Diced Tomatoes 16 cal Fresh Zucchini and Yellow Squash Salad 15 cal Applesauce Cup 50 cal
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22	CHEESE TORTELLINI Meat Sauce 106 cal Chicken Caesar Wrap 216 cal Plant-Based Fiesta Salad w/ Hummus 326 cal Hamburger on Bun 369 cal Cheeseburger on Bun 404 cal Mini Chicken Fillet Slider on Hawaiian Roll 481 cal Buffalo Chicken Pizza 379 cal Hawaiian Roll 129 cal Steamed California Blend Vegetables 71 cal Sweet Potato Wedges 153 cal Tossed Salad w/Romaine Lettuce & Diced Tomatoes 16 cal Fresh Zucchini and Yellow Squash Salad 15 cal Applesauce Cup 50 cal
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23	CHICKEN POPCORN Jamaican Beef Patty 227 cal Vegan, Chik'n Nuggets w/ Crackers 377 cal Plant-Based Fiesta Salad w/ Hummus 326 cal Breaded Chicken Fillet on Bun 344 cal Breaded Spicy Chicken Fillet on Bun 363 cal Four Meat Pizza 371 cal Brown Rice 222 cal Potato, Cajun Seasoned French Fries 104 cal Squash 82 cal Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal Black Beans 96 cal Variety Juice 90 cal
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26	CHICKEN TERIYAKI Korean BBQ Shredded Chicken on Bun 439 cal Vegan, Chik'n Nuggets w/ Crackers 396 cal Breaded Chicken Fillet on Bun 344 cal Breaded Spicy Chicken Fillet on Bun 363 cal Chicken Breast Strips 214 cal Spicy Chicken Breast Strips 214 cal Four Meat Pizza 371 cal Vegetable Egg Roll 140 cal Lo Mein 265 cal Steamed Broccoli 49 cal Roasted Dill Carrots 51 cal Tossed Salad w/Romaine Lettuce & Diced Tomatoes 16 cal Fresh Baby Carrots, Snack Pack 23 cal Frozen Whole Fruit Cup 77 cal
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27	BEEF & CHEESE TACO CRISP Jamaican Beef Patty 227 cal Vegan Bean & Green Chile Burrito 290 cal Hamburger on Bun 369 cal Cheeseburger on Bun 404 cal Mini Chicken Fillet Slider on Hawaiian Roll 481 cal Buffalo Chicken Pizza 379 cal Plantains 283 cal Black Beans 85 cal Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal Fresh Broccoli & Cucumber Salad 11 cal Applesauce Cup 50 cal
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28	CHICKEN WINGS BBQ Chicken Wings 737 cal Cajun Seasoned Chicken Wings 709 cal Parmesan Seasoned Chicken Wings 750 cal Korean BBQ Chicken Wings 740 cal Chicken Caesar Wrap 216 cal Latin Style Black Beans w/ Brown Rice 113 cal Breaded Spicy Chicken Fillet on Bun 344 cal Chicken Breast Strips 214 cal Spicy Chicken Breast Strips 214 cal Four Meat Pizza 371 cal Brown Rice 222 cal Fresh Carrots & Celery Sticks 17 cal Potato, Cajun Seasoned French Fries 104 cal Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal Black Beans 96 cal Fresh Grape Tomato Salad 15 cal Pears, Cup 70 cal
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29	BAKED ZITI Plant-Based Fiesta Salad w/ Hummus 326 cal Hamburger on Bun 369 cal Cheeseburger on Bun 404 cal Mini Chicken Fillet Slider on Hawaiian Roll 481 cal Buffalo Chicken Pizza 379 cal Garlic Breadsticks 350 cal Roasted Zucchini, Yellow Squash Mix 48 cal Sweet Potato Crinkle Cut Fries 169 cal Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal Farm Fresh Green Beans 51 cal Fresh Apple Slices 29 cal Mixed Fruit Cup 80 cal
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30	CHICKEN POPCORN Fish Patty on Bun 319 cal Vegan, Chik'n Nuggets w/ Crackers 377 cal Plant-Based Fiesta Salad w/ Hummus 326 cal Breaded Chicken Fillet on Bun 344 cal Breaded Spicy Chicken Fillet on Bun 363 cal Four Meat Pizza 371 cal Brown Rice 222 cal Farm Fresh Corn Cobolletes 97 cal Fresh Mini Sweet Peppers 13 cal Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal Black Beans 96 cal Fresh Grape Tomato Salad 15 cal Variety Juice 90 cal
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Served every day:

Cheese Pizza Pepperoni Pizza Dinner Roll Savory Herb Crackers Tossed Salad w/Romaine Lettuce & Sliced Tomatoes Milk

Menu data from Broward County Public Schools, drawn by schoolsmenapp.com. Menu subject to change. Calories are per serving as Broward County Public Schools publishes them.