

Monday	Tuesday	Wednesday	Thursday	Friday
			1 - CHICKEN PARMESAN OVER PENNE PASTA 399 cal - Chicken Caesar Wrap 198 cal - Hummus with Savory Herb Crackers 402 cal - Garlic Breadsticks 110 cal - Fresh Baby Carrots, Snack Pack 23 cal - Tossed Salad, w/Grape Tomatoes & Carrots, Shredde 17 cal - Fresh Apple Slices 29 cal - Vegan, Chik'n Nuggets 224 cal - Steamed Carrots 31 cal - Fresh Banana (Ripe) 81 cal	2 - 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
5 - MACARONI AND CHEESE 234 cal - Turkey & Beef Pepperoni Stuffed Sandwich 301 cal - Hummus with Savory Herb Crackers 402 cal - Garlic Breadsticks 110 cal - Sweet Potato Crinkle Cut Fries 85 cal - Black Beans 42 cal - Mixed Fruit Cup 80 cal	6 - ARROZ CON POLLO 234 cal - Latin Style Black Beans w/ Brown Rice 85 cal - Salad, Sliced Turkey & Cheese 217 cal - Soft Tortilla 91 cal - Brown Rice 56 cal - Savory Herb Crackers 90 cal - Street Corn 138 cal - Tossed Salad, w/Grape Tomatoes & Carrots, Shredde 17 cal - Frozen Rips Strawberry Kiwi 60 cal - Steamed Corn 53 cal	7 - BONELESS CHICKEN WINGS 161 cal - Parfait, Peach w/Cheese Stick 366 cal - Parfait, Pineapple w/Cheese Stick 395 cal - Parfait, Blueberry w/Cheese Stick 313 cal - Parfait, Strawberry w/Cheese Stick 319 cal - Plant-Based Fiesta Salad w/ Hummus 302 cal - Mini Waffles 45 cal - Savory Herb Crackers 90 cal - Tater Tots 58 cal - Steamed California Blend Vegetables 35 cal - Fresh Sliced Orange 33 cal	8 No menu published	9 No menu published
12 No menu published	13 - CHICKEN POPCORN 204 cal - Philly Cheese Steak Sub 304 cal - Latin Style Black Beans w/ Brown Rice 85 cal - Brown Rice 56 cal - Fresh Mini Sweet Peppers 3 cal - Potato Smiles 65 cal - Pineapple Wedges, Individually Wrapped 50 cal	14 - BREADED CHICKEN DRUMSTICK 442 cal - Honey BBQ Rib on Bun 351 cal - Plant-Based Fiesta Salad w/ Hummus 302 cal - Hawaiian Roll 129 cal - Savory Herb Crackers 90 cal - Farm Fresh Corn Cobettes 97 cal - Steamed Spinach 48 cal - Fresh Sliced Orange 33 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 Tomatoes & Carrots, Shredde 17 cal - Steamed California Blend Vegetables 35 cal - Fresh Apple Slices 29 cal - Vegan, Chik'n Nuggets 224 cal - Fresh Banana (Ripe) 81 cal	16 - PIZZA CRUNCHERS 327 cal - Beef Hot Dog on Bun 308 cal - Vegan, Chik'n Nuggets w/ Crackers 396 cal - Baked Beans 75 cal - Fruit Blend Juice 90 cal
19 - CHICKEN, TANGERINE 186 cal - Turkey Ham & Cheese Melt 153 cal - Vegan, Chik'n Nuggets w/ Crackers 396 cal - Woodles Noodles 138 cal - Sweet Potato Wedges 77 cal - Mixed Vegetables 15 cal - Peach Cup 70 cal	20 - BEEF & CHEESE TACO CRISP 180 cal - Vegan Bean & Green Chile Burrito 290 cal - Salad, Egg & Cheese 223 cal - Fajita Blend 22 cal - Black Beans 42 cal - Strawberry Applesauce Cup 70 cal - Applesauce Cup 50 cal	21 - BREADED CHICKEN FILLET ON BUN 344 cal - Yogurt w/ Cheese & Crackers 387 cal - Vegan Salad, w/ Garbanzo Beans 324 cal - Savory Herb Crackers 90 cal - Potato Wedges 72 cal - Steamed Broccoli 24 cal - Vegan, Chik'n Nuggets 224 cal - Fresh Sliced Orange 33 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 Tomatoes & Carrots, Shredde 17 cal - Triple Berry Blast Veggie Edge 60 cal - Fresh Apple Slices 29 cal - Carrot Juice 60 cal - Fresh Banana (Ripe) 81 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 6 cal - Sweet Potato Crinkle Cut Fries 85 cal - Fruit Blend Juice 90 cal
26 - CHICKEN TERIYAKI 163 cal - Vegan, Chik'n Nuggets 224 cal - Korean BBQ Shredded Chicken on Bun 341 cal - Vegetable Egg Roll 140 cal - Lo Mein 133 cal - Roasted Farm Fresh Green Beans 20 cal - Mixed Vegetables 15 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 56 cal - Sweet Potato Wedges 77 cal - Tossed Salad, w/Grape Tomatoes & Carrots, Shredde 17 cal - Applesauce Cup 50 cal - Steamed California Blend Vegetables 35 cal	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 - Seasoned French Fries 121 cal - Fresh Sliced Orange 33 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 Tomatoes & Carrots, Shredde 17 cal - Smooth-Frozen SideKicks Theme Celebrations 75 cal - Fresh Apple Slices 29 cal - Vegan, Chik'n Nuggets 224 cal - Steamed Carrots 31 cal - Fresh Banana (Ripe) 81 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

Served every day:
Milk • White Milk

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.

MealViewer