

Monday

Tuesday

Wednesday

Thursday

Friday

5
**SALAD,VEGAN W/
BUFFALO FAVA CRISP**

6
ARROZ CON POLLO
Mexican Pizza 351 cal
Latin Style Black Beans w/ Brown Rice 113 cal
Four Meat Pizza 371 cal
Turkey & Cheese Wrap 410 cal
Salad, Caesar 187 cal
Brown Rice 222 cal
Fresh Baby Carrots, Snack Pack 23 cal
Potato Crinkle Cut Fries 101 cal
Plantains 283 cal
Frozen Rips Strawberry Kiwi 60 cal
Fresh Apples 68 cal
Hamburger on Bun 369 cal
Cheesburger on Bun 404 cal
Savory Herb Crackers 90 cal

7
HOKE POKE CHICKEN, GENERAL TSO'S
Vegan, Chik'n Nuggets w/ Grain 280 cal
Salad, Caesar 187 cal
Philly Cheese Steak Sub 297 cal
Salad,Vegan w/ Buffalo Fava Crisp 248 cal
Woodsies Noodles 277 cal
Steamed Corn 107 cal
Potato Crinkle Cut Fries 101 cal
Fresh Apple Slices 29 cal
Pears, Cup 70 cal
Breaded Chicken Fillet on Bun 344 cal
Four Meat Pizza 371 cal
Savory Herb Crackers 90 cal

1
BAKED ZITI
Spicy Chicken Tender Sub 446 cal
Plant-Based Fiesta Wrap w/ Hummus 377 cal
Salad, Chicken Tenders 383 cal
Turkey & Cheese 410 cal
Salad,Vegan w/ Buffalo Fava Crisp 248 cal
Garlic Breadsticks 110 cal
Roasted Zucchini, Yellow Squash Mix 48 cal
Potato Crinkle Cut Fries 101 cal
Fresh Apple Slices 29 cal
Mixed Fruit Cup 80 cal
Hamburger on Bun 369 cal
Cheesburger on Bun 404 cal
Buffalo Chicken Pizza 379 cal
Savory Herb Crackers 90 cal

2
CHICKEN POPCORN
Vegan, Chik'n Nuggets w/ Crackers 377 cal
Buffalo Chicken Pizza 379 cal
Yogurt w/ Cheese & Crackers 387 cal
Brown Rice 222 cal
Fresh Grape Tomato Salad 15 cal
Fresh Celery Sticks 9 cal
Pineapple Tidbits Cup 60 cal
Fruit Blend Juice 90 cal
Breaded Spicy Chicken Fillet on Bun 363 cal

12
No menu published

13
BURRITO BOWL
Fish Patty on Bun 319 cal
Salad, Chicken Tenders 270 cal
Vegan Bean & Green Chile Burrito 290 cal
Salad,Vegan w/ Buffalo Fava Crisp 248 cal
Tortilla Scoop Chips 110 cal
Street Corn 166 cal
Fresh Baby Carrots, Snack Pack 23 cal
Strawberry Applesauce Cup 70 cal
Chilled Peaches 63 cal
Buffalo Chicken Pizza 379 cal
Seasoned French Fries 121 cal
Hamburger on Bun 369 cal
Cheesburger on Bun 404 cal
Savory Herb Crackers 90 cal

14
CAJUN SEASONED CHICKEN WINGS, GENERAL TSO'S
Parmesan Seasoned Chicken Wings 709 cal
Korean BBQ Chicken Wings 740 cal
Salad, Caesar 187 cal
Buffalo Chicken Pizza 379 cal
Yogurt Parfait, Strawberry 446 cal
Breaded Onion Rings 180 cal
Fresh Carrots & Celery Sticks 17 cal
Potato, Cajun Seasoned French Fries 104 cal
Pears, Cup 70 cal
Fresh Apples 68 cal
Breaded Chicken Fillet on Bun 344 cal
Savory Herb Crackers 90 cal

15
BEEF A RONI
Vegan Bean & Green Chile Burrito 290 cal
Salad, Santa Fe Chicken 369 cal
Salad, Santa Fe Vegetarian 262 cal
Hot Italian Hoagie 4240 cal
Hawaiian Roll 129 cal
Steamed Broccoli 49 cal
Fresh Baby Carrots, Snack Pack 23 cal
Seasoned French Fries 121 cal
Roasted Carrots, Snack Pack 43 cal
Mixed Fruit Cup 80 cal
Fresh Cantaloupe 30 cal
Hamburger on Bun 369 cal
Cheesburger on Bun 404 cal
Buffalo Chicken Pizza 379 cal
Savory Herb Crackers 90 cal

16
BROWARD BOWL
Vegan, Chik'n Nuggets w/ Crackers 396 cal
Yogurt w/ Cheese & Crackers 387 cal
Buffalo Chicken Pizza 379 cal
Steamed California Blend Vegetables 71 cal
Fresh Mini Sweet Peppers 13 cal
Fresh Sliced Cucumbers 11 cal
Roasted Carrots, Snack Pack 43 cal
Pineapple Tidbits Cup 60 cal
Fruit Blend Juice 90 cal
Breaded Spicy Chicken Fillet on Bun 363 cal

19
BEEF & BROCCOLI
Chicken Tender Sub 446 cal
Salad, Chicken Tenders 270 cal
Salad,Vegan w/ Buffalo Fava Crisp 248 cal
Arroz con Pollo 467 cal
Brown Rice 222 cal
Roasted Farm Fresh Green Beans 40 cal
Sweet Potato Crinkle Cut Fries 101 cal
Fresh Baby Carrots, Snack Pack 23 cal
Fresh Celery Sticks 9 cal
Roasted Carrots, Snack Pack 43 cal
Pineapple Wedges, Individually Wrapped 50 cal
Fruit Blend Juice 90 cal
Breaded Chicken Fillet on Bun 344 cal
Four Meat Pizza 371 cal
Vegan, Chik'n Nuggets w/ Crackers 396 cal
Savory Herb Crackers 90 cal

20
LATIN STYLE BLACK BEANS W/ BROWN RICE
Salad, Santa Fe Chicken 369 cal
Salad, Santa Fe Vegetarian 262 cal
Chicken Parmesan Sub 440 cal
Premium Beef Taco/Nachos Meat 167 cal
Four Meat Pizza 371 cal
Baked Potato 170 cal
Steamed Broccoli 49 cal
Chilled Peaches 63 cal
Fresh Apples 68 cal
Hamburger on Bun 369 cal
Cheesburger on Bun 404 cal
Savory Herb Crackers 90 cal

21
BONELESS CHICKEN WINGS
Vegan Bean & Green Chile Burrito 290 cal
Yogurt Parfait, Strawberry 446 cal
Turkey Ham & Cheese 349 cal
Melt 446 cal
Salad, Caesar 187 cal
Salad,Vegan w/ Buffalo Fava Crisp 248 cal
Brown Rice 222 cal
Fresh Carrots & Celery Sticks 17 cal
Potato, Cajun Seasoned French Fries 104 cal
Fresh Grape Tomato Salad 15 cal
Pears, Cup 70 cal
Fresh Cantaloupe 30 cal
Breaded Chicken Fillet on Bun 344 cal
Four Meat Pizza 371 cal
Savory Herb Crackers 90 cal

22
CHEESE TORTELLINI
Meat Sauce 106 cal
Plant-Based Fiesta Wrap w/ Hummus 377 cal
Turkey & Cheese 410 cal
Wrap 270 cal
Salad,Vegan w/ Buffalo Fava Crisp 248 cal
Hawaiian Roll 129 cal
Steamed California Blend Vegetables 71 cal
Fresh Zucchini and Yellow Squash Salad 15 cal
Seasoned French Fries 121 cal
Applesauce Cup 50 cal
Mixed Fruit Cup 80 cal
Savory Herb Crackers 90 cal

23
CHICKEN POPCORN
Vegan, Chik'n Nuggets w/ Crackers 396 cal
Yogurt w/ Cheese & Crackers 387 cal
Hawaiian Roll 129 cal
Fresh Baby Carrots, Snack Pack 23 cal
Fresh Celery Sticks 9 cal
Fresh Apples 68 cal
Fruit Blend Juice 90 cal
Breaded Spicy Chicken Fillet on Bun 363 cal
Four Meat Pizza 371 cal

26
CHICKEN TERIYAKI
Korean BBQ Shredded Chicken on Bun 430 cal
Vegan, Chik'n Nuggets w/ Crackers 396 cal
Salad, Chicken Tenders 270 cal
Buffalo Chicken Pizza 379 cal
Salad,Vegan w/ Buffalo Fava Crisp 248 cal
Vegetable Egg Roll 140 cal
Lo Mein 265 cal
Steamed Broccoli 49 cal
Fresh Baby Carrots, Snack Pack 23 cal
Fresh Sliced Cucumbers 11 cal
Sweet Potato Wedges 153 cal
Frozen Whole Fruit Cup 77 cal
Fresh Apples 68 cal
Breaded Chicken Fillet on Bun 344 cal
Savory Herb Crackers 90 cal

27
BEEF & CHEESE TACO CRISP
Jamaican Beef Patty 227 cal
Vegan Bean & Green Chile Burrito 290 cal
Salad, Caesar 187 cal
Salad,Vegan w/ Buffalo Fava Crisp 248 cal
Chicken Parmesan Sub 440 cal
Plantains 283 cal
Black Beans 85 cal
Seasoned French Fries 121 cal
Applesauce Cup 50 cal
Hamburger on Bun 369 cal
Cheesburger on Bun 404 cal
Buffalo Chicken Pizza 379 cal
Savory Herb Crackers 90 cal

28
CAJUN SEASONED CHICKEN WINGS
Parmesan Seasoned Chicken Wings 709 cal
Korean BBQ Chicken Wings 740 cal
Salad, Caesar 187 cal
Salad,Vegan w/ Buffalo Fava Crisp 248 cal
Yogurt Parfait, Strawberry 446 cal
Buffalo Chicken Pizza 379 cal
Fresh Carrots & Celery Sticks 17 cal
Potato, Cajun Seasoned French Fries 104 cal
Pears, Cup 70 cal
Fresh Cantaloupe 30 cal
Breaded Chicken Fillet on Bun 344 cal
Savory Herb Crackers 90 cal

29
BAKED ZITI
Plant-Based Fiesta Wrap w/ Hummus 377 cal
Turkey & Cheese 410 cal
Wrap 270 cal
Salad,Vegan w/ Buffalo Fava Crisp 248 cal
Garlic Breadsticks 110 cal
Roasted Zucchini, Yellow Squash Mix 48 cal
Mixed Fruit Cup 80 cal
Fresh Apples 68 cal
Buffalo Chicken Pizza 379 cal
Potato Crinkle Cut Fries 101 cal
Hamburger on Bun 369 cal
Cheesburger on Bun 404 cal
Turkey Ham & Cheese Melt 349 cal
Philly Cheese Steak Sub 297 cal
Savory Herb Crackers 90 cal

30
CHICKEN POPCORN
Fish Patty on Bun 319 cal
Vegan, Chik'n Nuggets w/ Crackers 396 cal
Buffalo Chicken Pizza 379 cal
Yogurt w/ Cheese & Crackers 387 cal
Brown Rice 222 cal
Fresh Mini Sweet Peppers 13 cal
Steamed Corn 87 cal
Fresh Sliced Cucumbers 11 cal
Breaded Spicy Chicken Fillet on Bun 363 cal