

SUPPER

OCTOBER 2026

Fort Lauderdale High

Broward County Public Schools

Monday

Tuesday

Wednesday

Thursday

Friday

5  CHEESEBURGER ON BUN 404 cal  Potato Wedges 144 cal  Fresh Sliced Orange 66 cal	6  SOY NO-NUTBUTTER SANDWICH W/ CHEESE STICK 371 cal  Steamed Fresh Baby Carrots 49 cal  Strawberry Applesauce Cup 70 cal	7  TURKEY HAM & CHEESE STUFFER 320 cal  Deli Roasted Potatoes 104 cal	8 No menu published	9 No menu published
12 No menu published	13  GRILLED CHEESE 284 cal  Steamed Broccoli 49 cal  Pears, Cup 70 cal	14  VEGAN BEAN & GREEN CHILE BURRITO 290 cal  Tortilla Chips 200 cal  Peach Cup 70 cal	15  PIZZA, CHEESE DEEP DISH 310 cal  Steamed Corn 107 cal  Applesauce Cup 50 cal	16  JAMAICAN BEEF PATTY 227 cal  Sweet Potato Wedges 153 cal  Fresh Banana (Ripe) 161 cal
19  FRENCH BREAD GARLIC PIZZA 383 cal  Pears, Cup 70 cal	20  TURKEY & BEEF PEPPERONI STUFFED SANDWICH 301 cal  Steamed Spinach 96 cal  Pineapple Tidbits Cup 60 cal	21  MACARONI AND CHEESE 313 cal  Steamed Fresh Baby Carrots 49 cal  Strawberry Applesauce Cup 70 cal	22  CHICKEN PIZZA QUESADILLA 281 cal  Fresh Mini Sweet Peppers 13 cal  Pineapple Wedges, Individually Wrapped 50 cal	23  SOFT PRETZEL 141 cal  Steamed Broccoli 49 cal  Mixed Fruit Cup 80 cal
26  CHICKEN BREAST STRIPS 214 cal  Farm Fresh Green Beans 51 cal  Blue Raspberry Applesauce Cup 60 cal	27  MINI PEPPERONI CALZONE 360 cal  Plantains 283 cal  Peach Cup 70 cal	28  CHICKEN POPCORN 255 cal  Peas and Carrots Blend Vegetables 91 cal  Fresh Banana (Ripe) 161 cal	29  HONEY BBQ RIB ON BUN 351 cal  Cool Tropics Berry Citrus Veggie Edge 60 cal  Fresh Sliced Orange 66 cal	30  SOY NO-NUTBUTTER SANDWICH W/ CHEESE STICK 371 cal  Soy No-Nutbutter Sandwich w/ Sunflower Seeds 480 cal  Carrot Juice 60 cal  Applesauce Cup 50 cal

Served every day:
 Wheat Roll ·  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