

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			CHICKEN PARMESAN OVER PENNE PASTA 399 cal Chicken Caesar Wrap 397 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	GARLIC CHEESE PIZZA 370 cal Yogurt w/ Cheese & Crackers 387 cal Vegan Bean & Green Chile Burrito 290 cal Steamed California Blend Vegetables 71 cal Steamed Broccoli 49 cal Fruit Blend Juice 90 cal
5	6	7	8	9
MACARONI AND CHEESE 312 cal Turkey & Beef Pepperoni Stuffed Sandwich 301 cal Hummus with Savory Herb Crackers 402 cal Garlic Breadsticks 110 cal Sweet Potato Crinkle Cut Fries 169 cal Black Beans 85 cal Mixed Fruit Cup 80 cal	ARROZ CON POLLO 312 cal Latin Style Black Beans w/ Brown Rice 85 cal Salad, Sliced Turkey & Cheese 217 cal Soft Tortilla 91 cal Brown Rice 111 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	BONELESS CHICKEN WINGS 215 cal Parfait, Strawberry w/Cheese Stick 319 cal Plant-Based Fiesta Salad w/ Hummus 302 cal Mini Waffles 89 cal Savory Herb Crackers 90 cal Tater Tots 116 cal Steamed California Blend Vegetables 71 cal Fresh Sliced Orange 66 cal	No menu published	No menu published
12	13	14	15	16
No menu published	CHICKEN POPCORN 255 cal Philly Cheese Steak Sub 304 cal Latin Style Black Beans w/ Brown Rice 85 cal Fresh Mini Sweet Peppers 13 cal Tater Tots 116 cal Pineapple Wedges, Individually Wrapped 50 cal Fresh Apple Slices 29 cal Fresh Apples 68 cal Peach Cup 70 cal Potato Smiles 65 cal	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 96 cal Fresh Sliced Orange 66 cal	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 71 cal Fresh Apple Slices 29 cal Vegan, Chik'n Nuggets 224 cal Fresh Banana (Ripe) 81 cal	PIZZA CRUNCHERS 436 cal Beef Hot Dog on Bun 308 cal Vegan, Chik'n Nuggets w/ Crackers 396 cal Baked Beans 150 cal Fruit Blend Juice 90 cal
19	20	21	22	23
CHICKEN, TANGERINE 210 cal Turkey Ham & Cheese Melt 306 cal Vegan, Chik'n Nuggets w/ Crackers 396 cal Woodless Noodles 138 cal Sweet Potato Wedges 153 cal Mixed Vegetables 30 cal Peach Cup 70 cal	BEEF & CHEESE TACO CRISP 360 cal Vegan Bean & Green Chile Burrito 290 cal Salad, Egg & Cheese 223 cal Vegetable, Pepper & Onion Fajita Blend 44 cal Black Beans 85 cal Strawberry Applesauce Cup 70 cal Applesauce Cup 50 cal	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 144 cal Steamed Broccoli 49 cal Fresh Sliced Orange 66 cal Vegan, Chik'n Nuggets 224 cal	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	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 11 cal Sweet Potato Crinkle Cut Fries 169 cal Fruit Blend Juice 90 cal
26	27	28	29	30
CHICKEN TERIYAKI 245 cal Vegan, Chik'n Nuggets 280 cal Korean BBQ Shredded Chicken on Bun 341 cal Vegetable Egg Roll 140 cal Lo Mein 133 cal Roasted Farm Fresh Green Beans 40 cal Mixed Vegetables 30 cal Frozen Whole Fruit Cup 77 cal Korean BBQ Sauce 61 cal	MEXICAN PIZZA 351 cal Breaded Mozzarella Cheese Sticks 390 cal Latin Style Black Beans w/ Brown Rice 85 cal Brown Rice 111 cal Sweet Potato Wedges 153 cal Tossed Salad, w/Grape Tomatoes & Carrots, Shredde 17 cal Applesauce Cup 50 cal Steamed California Blend Vegetables 35 cal	CHEESEBURGER ON BUN 404 cal Baked Corn dog 243 cal Vegan Salad, w/ Garbanzo Beans 324 cal Savory Herb Crackers 90 cal Potato, Cajun Seasoned French Fries 104 cal Baked Beans 150 cal Fresh Sliced Orange 66 cal Seasoned French Fries 61 cal	CHICKEN PARMESAN OVER PENNE PASTA 388 cal Chicken Caesar Wrap 216 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	GARLIC CHEESE PIZZA 370 cal Yogurt w/ Cheese & Crackers 387 cal Vegan Bean & Green Chile Burrito 290 cal Steamed California Blend Vegetables 71 cal Steamed Broccoli 49 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.