

LUNCH

OCTOBER 2026

Monday

Tuesday

Wednesday

Thursday

Friday

1

-  **CHICKEN CAESAR WRAP** 198 cal
-  **Vegan, Chik'n Nuggets** 224 cal
-  **Garlic Breadsticks** 110 cal
-  **Steamed Carrots** 31 cal
-  **Fresh Banana (Ripe)** 81 cal
-  **Milk** 110 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** 60 cal
-  **Milk** 110 cal

5

-  **MACARONI AND CHEESE** 234 cal
-  **Turkey & Beef Pepperoni Stuffed Sandwich** 301 cal
-  **Garlic Breadsticks** 110 cal
-  **Sweet Potato Crinkle Cut Fries** 85 cal
-  **Black Beans** 42 cal
-  **Mixed Fruit Cup** 80 cal
-  **Milk** 110 cal

6

-  **ARROZ CON POLLO** 234 cal
-  **Latin Style Black Beans w/ Brown Rice** 85 cal
-  **Brown Rice** 56 cal
-  **Savory Herb Crackers** 90 cal
-  **Steamed Corn** 53 cal
-  **Frozen Rips Strawberry Kiwi** 60 cal
-  **Milk** 110 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
-  **Milk** 110 cal

8

No menu published

9

No menu published

12

No menu published

13

-  **CHICKEN POPCORN** 204 cal
-  **Potato Smiles** 65 cal
-  **Fruit Blend Juice** 60 cal

14

-  **HONEY BBQ RIB ON BUN** 351 cal
-  **Steamed Broccoli** 24 cal
-  **Fresh Sliced Orange** 33 cal

15

-  **VEGAN, CHIK'N NUGGETS** 224 cal
-  **Steamed California Blend Vegetables** 35 cal
-  **Fresh Banana (Ripe)** 81 cal

16

-  **PIZZA CRUNCHERS** 327 cal
-  **Fruit Blend Juice** 60 cal

19

-  **CHICKEN, TANGERINE** 186 cal
-  **Wondles Noodles** 138 cal
-  **Mixed Vegetables** 15 cal
-  **Peach Cup** 70 cal

20

-  **VEGAN BEAN & GREEN CHILE BURRITO** 290 cal
-  **Black Beans** 42 cal
-  **Applesauce Cup** 50 cal

21

-  **VEGAN, CHIK'N NUGGETS** 224 cal
-  **Steamed Broccoli** 24 cal
-  **Fresh Sliced Orange** 33 cal

22

-  **BEEF A RONI** 182 cal
-  **Carrot Juice** 60 cal
-  **Fresh Banana (Ripe)** 81 cal

23

-  **PULL APART CHEEZY BEEF PEPPERONI BREADSTICKS** 271 cal
-  **Sweet Potato Crinkle Cut Fries** 85 cal
-  **Fruit Blend Juice** 60 cal

26

-  **CHICKEN TERIYAKI** 163 cal
-  **Lo Mein** 133 cal
-  **Mixed Vegetables** 15 cal
-  **Frozen Whole Fruit Cup** 77 cal

27

-  **LATIN STYLE BLACK BEANS W/ BROWN RICE** 85 cal
-  **Brown Rice** 56 cal
-  **Steamed California Blend Vegetables** 35 cal
-  **Applesauce Cup** 50 cal

28

-  **CHEESEBURGER ON BUN** 404 cal
-  **Seasoned French Fries** 61 cal
-  **Fresh Sliced Orange** 33 cal

29

-  **VEGAN, CHIK'N NUGGETS** 224 cal
-  **Steamed Carrots** 31 cal
-  **Fresh Banana (Ripe)** 81 cal

30

-  **GARLIC CHEESE PIZZA** 370 cal
-  **Steamed Broccoli** 24 cal
-  **Fruit Blend Juice** 60 cal

Served every day:

 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.