

Monday

Tuesday

Wednesday

Thursday

Friday

			1  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 17 cal  Tomatoes & Carrots, Shredde 29 cal  Fresh Apple Slices 224 cal  Vegan, Chik'n Nuggets 31 cal  Steamed Carrots 81 cal  Fresh Banana (Ripe)	2  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  MACARONI AND CHEESE 312 cal  Turkey & Beef Pepperoni Stuffed Sandwich 301 cal  Hummus with Savory Herb Crackers 402 cal  Mini Chicken Fillet Slider on Hawaiian Roll 481 cal  Garlic Breadsticks 110 cal  Sweet Potato Crinkle Cut Fries 169 cal  Black Beans 85 cal  Mixed Fruit Cup 80 cal	6  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 17 cal  Tomatoes & Carrots, Shredde 60 cal  Frozen Rips Strawberry Kiwi 53 cal  Steamed Corn	7  SPICY CHICKEN BREAST STRIPS 214 cal  Boneless Chicken Wings 215 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 33 cal	8 No menu published	9 No menu published
12 No menu published	13  CHICKEN POPCORN 255 cal  Philly Cheese Steak Sub 304 cal  Latin Style Black Beans w/ Brown Rice 85 cal  Brown Rice 111 cal  Fresh Mini Sweet Peppers 13 cal  Potato Smiles 130 cal  Fresh, Cara Cara Oranges 40 cal  Chilled Pears 63 cal	14  BREADED CHICKEN DRUMSTICK 442 cal  Chicken Wings 562 cal  Honey BBQ Rib on Bun 351 cal  Salad, Vegan w/ Buffalo Fava Crisp 248 cal  Hawaiian Roll 129 cal  Savory Herb Crackers 90 cal  Farm Fresh Corn Cobettes 97 cal  Steamed Spinach 96 cal  Fresh Sliced Orange 33 cal	15  CHEESE TORTELLINI 199 cal  Meat Sauce 106 cal  Salad, Caesar 175 cal  Vegan Bean & Green Chile Burrito 290 cal  Texas Garlic Toast 90 cal  Tossed Salad, w/Grape 17 cal  Tomatoes & Carrots, Shredde 71 cal  Steamed California Blend Vegetables 71 cal  Vegan, Chik'n Nuggets 224 cal  Fresh Banana (Ripe) 81 cal	16  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  CHICKEN, TANGERINE 210 cal  Turkey Ham & Cheese Melt 306 cal  Vegan, Chik'n Nuggets w/ Crackers 396 cal  Woodles Noodles 138 cal  Sweet Potato Wedges 153 cal  Mixed Vegetables 30 cal  Peach Cup 70 cal	20  BEEF & CHEESE TACO CRISP 360 cal  Vegan Bean & Green Chile Burrito 290 cal  Vegetable, Pepper & Onion Fajita Blend 44 cal  Black Beans 85 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  Vegan Salad w/ Garbanzo Beans 347 cal  Breaded Spicy Chicken Fillet on Bun 363 cal  Savory Herb Crackers 90 cal  Potato Wedges 144 cal  Steamed Broccoli 49 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 17 cal  Tomatoes & Carrots, Shredde 60 cal  Triple Berry Blast Veggie Edge 29 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 11 cal  Sweet Potato Crinkle Cut Fries 169 cal  Fruit Blend Juice 90 cal
26  CHICKEN TERIYAKI 245 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 17 cal  Tomatoes & Carrots, Shredde 50 cal  Applesauce Cup 35 cal  Steamed California Blend Vegetables  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 111 cal  Sweet Potato Wedges 153 cal  Tossed Salad, w/Grape 17 cal  Tomatoes & Carrots, Shredde 50 cal  Applesauce Cup 35 cal  Steamed California Blend Vegetables	28  CHEESEBURGER ON BUN 404 cal  Baked Corndog 243 cal  Vegan Salad, w/ Garbanzo Beans 324 cal  Vegan Salad w/ Garbanzo Beans 347 cal  Savory Herb Crackers 90 cal  Baked Beans 150 cal  Potato, Cajun Seasoned French Fries 104 cal  Seasoned French Fries 61 cal  Fresh Sliced Orange 33 cal	29  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 17 cal  Tomatoes & Carrots, Shredde 75 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 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.

MenuView