

Monday	Tuesday	Wednesday	Thursday	Friday
			1 - BAKED ZITI 390 cal - Chicken Tender Sub 446 cal - Salad, Caesar 187 cal - Yogurt Parfait, Strawberry 446 cal - Garlic Breadsticks 110 cal - Savory Herb Crackers 90 cal - Roasted Zucchini, Yellow Squash Mix 48 cal - Sweet Potato Crinkle Cut Fries 169 cal - Fresh Apple Slices 29 cal - Mixed Fruit Cup 80 cal	2 - MACARONI AND CHEESE 469 cal - Hummus with Savory Herb Crackers 402 cal - Fresh Mini Sweet Peppers 13 cal - Steamed Corn 87 cal - Variety Juice 90 cal
5 - CHICKEN, GENERAL TSO'S 211 cal - Chicken Tender Sub 446 cal - Vegan, Chik'n Nuggets w/ Crackers 377 cal - Breaded Breast Fillet Salad 270 cal - Yogurt Parfait, Strawberry 446 cal - Brown Rice 222 cal - Peas and Carrots Blend 91 cal - Vegetables 169 cal - Sweet Potato Crinkle Cut Fries 169 cal - Mixed Fruit Cup 80 cal	6 - ARROZ CON POLLO 467 cal - Mexican Pizza 351 cal - Salad, Chicken Tenders 383 cal - Yogurt Parfait, Strawberry 446 cal - Seasoned French Fries 121 cal - Fresh Baby Carrots, Snack Pack 23 cal - Frozen Rips Strawberry Kiwi 60 cal	7 - HOKE POKE CHICKEN TERIYAKI 245 cal - Chicken Caesar Wrap 397 cal - Vegan Bean & Green Chile Burrito 290 cal - Salad, Caesar 187 cal - Yogurt Parfait, Strawberry 446 cal - Woodles Noodles 277 cal - Savory Herb Crackers 90 cal - Steamed Corn 107 cal - Fresh Sliced Cucumbers 11 cal - Fresh Apple Slices 29 cal - Pears, Cup 70 cal	8 No menu published	9 No menu published
12 No menu published	13 - FISH PATTY ON BUN 319 cal - Yogurt Parfait, Strawberry 446 cal - Beef Taco/Nachos Meat 141 cal - Salad, Kale Chicken 389 cal - Tortilla Scoop Chips 110 cal - Farm Fresh Green Beans 51 cal - Steamed Corn 87 cal - Strawberry Applesauce Cup 70 cal	14 - BBQ CHICKEN WINGS 737 cal - Chicken Tender Sub 446 cal - Breaded Breast Fillet Salad 270 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	15 - BEEF A RONI 364 cal - Chicken Caesar Wrap 216 cal - Vegan Bean & Green Chile Burrito 290 cal - Salad, Caesar 187 cal - Yogurt Parfait, Strawberry 446 cal - Hawaiian Roll 129 cal - Steamed Broccoli 49 cal - Fresh Baby Carrots, Snack Pack 23 cal - Mixed Fruit Cup 80 cal	16 - VEGAN, CHIK'N NUGGETS W/ CRACKERS 396 cal - Breaded Chicken Fillet on Bun 344 cal - Cheese Pizza 360 cal - Fresh Mini Sweet Peppers 13 cal - Fresh Baby Carrots, Snack Pack 23 cal - Variety Juice 90 cal
19 - BEEF & BROCCOLI 267 cal - Chicken Tender Sub 446 cal - Vegan, Chik'n Nuggets w/ Crackers 396 cal - Salad, Kale Chicken 389 cal - Yogurt Parfait, Strawberry 446 cal - Brown Rice 222 cal - Roasted Farm Fresh Green Beans 40 cal - Sweet Potato Crinkle Cut Fries 169 cal - Pineapple Wedges, Individually Wrapped 50 cal	20 - BREADED BREAST FILLET SALAD 270 cal - Yogurt Parfait, Strawberry 446 cal - Savory Herb Crackers 90 cal - Baked Potato 170 cal - Black Beans 85 cal - Fresh Broccoli & Cucumber Salad 11 cal - Peach Cup 70 cal	21 - BONELESS CHICKEN WINGS 215 cal - Philly Cheese Steak Sub 297 cal - Vegan Bean & Green Chile Burrito 290 cal - Breaded Breast Fillet Salad 270 cal - Yogurt Parfait, Strawberry 446 cal - Brown Rice 222 cal - Fresh Carrots & Celery Sticks 17 cal - Potato, Cajun Seasoned French Fries 104 cal - Pears, Cup 70 cal	22 - CHEESE TORTELLINI 265 cal - Meat Sauce 106 cal - Chicken Caesar Wrap 216 cal - Salad, Chicken Tenders 270 cal - Yogurt Parfait, Strawberry 446 cal - Hawaiian Roll 129 cal - Savory Herb Crackers 90 cal - Steamed California Blend Vegetables 71 cal - Sweet Potato Wedges 153 cal - Applesauce Cup 50 cal	23 - JAMAICAN BEEF PATTY 227 cal - Vegan, Chik'n Nuggets w/ Crackers 396 cal - Potato, Cajun Seasoned French Fries 104 cal - Black Beans 96 cal - Variety Juice 90 cal
26 - CHICKEN TERIYAKI 245 cal - Vegan, Chik'n Nuggets w/ Crackers 396 cal - Salad, Caesar 187 cal - Yogurt Parfait, Strawberry 446 cal - Vegetable Egg Roll 140 cal - Lo Mein 265 cal - Savory Herb Crackers 90 cal - Steamed Broccoli 49 cal - Fresh Baby Carrots, Snack Pack 23 cal - Frozen Whole Fruit Cup 77 cal	27 - BEEF & CHEESE TACO CRISP 360 cal - Vegan Bean & Green Chile Burrito 290 cal - Salad, Caesar 187 cal - Yogurt Parfait, Strawberry 446 cal - Savory Herb Crackers 90 cal - Plantains 283 cal - Fresh Broccoli & Cucumber Salad 11 cal - Applesauce Cup 50 cal	28 - BBQ CHICKEN WINGS 737 cal - Chicken Caesar Wrap 216 cal - Salad, Caesar 187 cal - Yogurt Parfait, Strawberry 446 cal - Dinner Roll 140 cal - Savory Herb Crackers 90 cal - Fresh Carrots & Celery Sticks 17 cal - Potato, Cajun Seasoned French Fries 104 cal - Pears, Cup 70 cal	29 - BAKED ZITI 390 cal - Yogurt Parfait, Strawberry 446 cal - Garlic Breadsticks 110 cal - Roasted Zucchini, Yellow Squash Mix 48 cal - Fresh Apple Slices 29 cal - Mixed Fruit Cup 80 cal	30 - BREADED CHICKEN FILLET ON BUN 344 cal - Cheese Pizza 360 cal - Fresh Mini Sweet Peppers 13 cal - Fresh Grape Tomato Salad 15 cal - Variety Juice 90 cal

Served every day:

Tossed Salad w/Romaine Lettuce & Sliced Tomatoes · Variety Fresh Fruit · 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.

MenuViewer