

Monday

Tuesday

Wednesday

Thursday

Friday

5	
 MACARONI AND CHEESE 312 cal	
 Buffalo Style Chicken Stuffed Sandwich 291 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	

6	
 ARROZ CON POLLO 312 cal	
 Latin Style Black Beans w/ Brown Rice 113 cal	
 Salad, Sliced Turkey & Cheese 241 cal	
 Soft Tortilla 91 cal	
 Brown Rice 148 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	

7	
 BONELESS CHICKEN WINGS 215 cal	
 Spicy Chicken Breast Strips 214 cal	
 Parfait, Pineapple w/Cheese Stick 395 cal	
 Parfait, Strawberry w/Cheese Stick 319 cal	
 Plant-Based Fiesta Salad w/ Hummus 326 cal	
 Mini Waffles 89 cal	
 Savory Herb Crackers 90 cal	
 Tater Tots 116 cal	
 Steamed California Blend Vegetables 71 cal	

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 Tomatoes & Carrots, Shredde 17 cal	
 Fresh Apple Slices 29 cal	

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	

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 113 cal	
 Brown Rice 148 cal	
 Potato Smiles 130 cal	
 Steamed Carrots 63 cal	
 Pineapple Wedges, Individually Wrapped 50 cal	

14	
 CHICKEN WINGS 562 cal	
 Plant-Based Fiesta Salad w/ Hummus 326 cal	
 Hawaiian Roll 129 cal	
 Farm Fresh Corn Cobettes 97 cal	
 Steamed Spinach 96 cal	
 Frozen Rips Strawberry Kiwi 60 cal	

15	
 CHEESE TORTELLINI 199 cal	
 Meat Sauce 106 cal	
 Salad, Caesar 187 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	
 Fresh Sliced Orange 66 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	
 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	
 Salad, Egg & Cheese 247 cal	
 Savory Herb Crackers 90 cal	
 Vegetable, Pepper & Onion Fajita Blend 44 cal	
 Black Beans 85 cal	
 Strawberry Applesauce Cup 70 cal	

21	
 BREADED CHICKEN FILLET ON BUN 344 cal	
 Yogurt w/ Cheese & Crackers 387 cal	
 Vegan Salad w/ Garbanzo Beans 347 cal	
 Savory Herb Crackers 90 cal	
 Potato Wedges 144 cal	
 Steamed Broccoli 49 cal	
 Fresh Cantaloupe 30 cal	

22	
 BEEF A RONI 205 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 60 cal	
 Veggie Edge 29 cal	
 Fresh Apple Slices 29 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	
 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	

27	
 MEXICAN PIZZA 351 cal	
 Breaded Mozzarella Cheese Sticks 390 cal	
 Latin Style Black Beans w/ Brown Rice 113 cal	
 Brown Rice 148 cal	
 Sweet Potato Wedges 153 cal	
 Tossed Salad, w/Grape Tomatoes & Carrots, Shredde 17 cal	
 Applesauce Cup 50 cal	

28	
 CHEESEBURGER ON BUN 404 cal	
 Baked Corndog 243 cal	
 Vegan Salad w/ Garbanzo Beans 347 cal	
 Savory Herb Crackers 90 cal	
 Potato, Cajun Seasoned French Fries 104 cal	
 Baked Beans 150 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 Tomatoes & Carrots, Shredde 17 cal	
 Smooth-Frozen SideKicks Theme Celebrations 75 cal	
 Fresh Apple Slices 29 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

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.