

Monday	Tuesday	Wednesday	Thursday	Friday
CHICKEN, GENERAL TSO'S 211 cal Vegan, Chik'n Nuggets w/ Crackers 377 cal Salad, Chicken Tenders 383 cal Yogurt Parfait, Strawberry 446 cal Brown Rice 222 cal Peas and Carrots Blend Vegetables 91 cal Sweet Potato Crinkle Cut Fries 169 cal Fresh Cucumbers with Carrots 21 cal Mixed Fruit Cup 80 cal Fresh Apples 68 cal Breaded Chicken Fillet on Bun 344 cal	ARROZ CON POLLO 467 cal Mexican Pizza 351 cal Vegan Bean & Green Chile Burrito 290 cal Salad, Chicken Tenders 383 cal Yogurt Parfait, Strawberry 446 cal Black Beans 85 cal Seasoned French Fries 121 cal Fresh Zucchini and Yellow Squash Salad 15 cal Fresh Honeydew 36 cal Frozen Rips Strawberry Kiwi 60 cal Buffalo Chicken Pizza 379 cal Cheeseburger on Bun 404 cal	HOKE POKE CHICKEN, GENERAL TSO'S 211 cal Chicken Caesar Wrap 397 cal Vegan Bean & Green Chile Burrito 290 cal Salad, Caesar 187 cal Yogurt Parfait, Blueberry 439 cal Woodles Noodles 277 cal Fresh Grape Tomato Salad 15 cal Steamed Broccoli 49 cal Steamed Corn 87 cal Fresh Apples 68 cal Pears, Cup 70 cal Breaded Chicken Fillet on Bun 344 cal	BAKED ZITI 390 cal Plant-Based Fiesta Wrap w/ Hummus 377 cal Salad, Caesar 187 cal Yogurt Parfait, Peach 492 cal Garlic Breadsticks 110 cal Sweet Potato Crinkle Cut Fries 169 cal Farm Fresh Green Beans 51 cal Fresh Cucumbers with Carrots 21 cal Mixed Fruit Cup 80 cal Fresh Apples 68 cal Buffalo Chicken Pizza 379 cal Cheeseburger on Bun 404 cal	CHICKEN POPCORN 255 cal Jamaican Beef Patty 227 cal Vegan, Chik'n Nuggets w/ Crackers 377 cal Salad, Chicken Tenders 383 cal Yogurt Parfait, Strawberry 446 cal Brown Rice 222 cal Black Beans 85 cal Steamed Corn 87 cal Fresh Mini Sweet Peppers 13 cal Fresh Apples 68 cal Fruit Blend Juice 90 cal
CHICKEN, GENERAL TSO'S 211 cal Vegan, Chik'n Nuggets w/ Crackers 377 cal Salad, Chicken Tenders 383 cal Yogurt Parfait, Strawberry 446 cal Brown Rice 222 cal Peas and Carrots Blend Vegetables 91 cal Sweet Potato Crinkle Cut Fries 169 cal Fresh Cucumbers with Carrots 21 cal Mixed Fruit Cup 80 cal Fresh Apples 68 cal Breaded Chicken Fillet on Bun 344 cal	ARROZ CON POLLO 467 cal Mexican Pizza 351 cal Vegan Bean & Green Chile Burrito 290 cal Salad, Chicken Tenders 383 cal Yogurt Parfait, Strawberry 446 cal Black Beans 85 cal Seasoned French Fries 121 cal Fresh Zucchini and Yellow Squash Salad 15 cal Fresh Honeydew 36 cal Frozen Rips Strawberry Kiwi 60 cal Buffalo Chicken Pizza 379 cal Cheeseburger on Bun 404 cal	HOKE POKE CHICKEN, GENERAL TSO'S 211 cal Chicken Caesar Wrap 397 cal Vegan Bean & Green Chile Burrito 290 cal Salad, Caesar 187 cal Yogurt Parfait, Blueberry 439 cal Woodles Noodles 277 cal Fresh Grape Tomato Salad 15 cal Steamed Broccoli 49 cal Steamed Corn 87 cal Fresh Apples 68 cal Pears, Cup 70 cal Breaded Chicken Fillet on Bun 344 cal	No menu published	No menu published
No menu published	BURRITO BOWL 347 cal Fish Patty on Bun 319 cal Latin Style Black Beans w/ Brown Rice 113 cal Yogurt Parfait, Strawberry 446 cal Salad, Chicken Tenders 270 cal Tortilla Scoop Chips 110 cal Brown Rice 222 cal Street Corn 146 cal Black Beans 85 cal Fresh Zucchini and Yellow Squash Salad 15 cal Strawberry Applesauce Cup 70 cal Fresh Cantaloupe 30 cal Buffalo Chicken Pizza 379 cal Cheeseburger on Bun 404 cal	CHICKEN WINGS 703 cal Vegan Bean & Green Chile Burrito 290 cal Salad, Caesar 187 cal Yogurt Parfait, Strawberry 446 cal Korean BBQ Chicken Wings 740 cal Breaded Onion Rings 180 cal Black Beans 85 cal Potato, Cajun Seasoned French Fries 104 cal Fresh Zucchini and Yellow Squash Salad 15 cal Fresh Apples 68 cal Pears, Cup 70 cal Breaded Chicken Fillet on Bun 344 cal	BEEF A RONI 364 cal Chicken Caesar Wrap 216 cal Vegan, Chik'n Nuggets w/ Crackers 396 cal Salad, Caesar 187 cal Yogurt Parfait, Strawberry 446 cal Hawaiian Roll 129 cal Steamed Broccoli 49 cal Sweet Potato Wedges 153 cal Fresh Cucumbers with Carrots 21 cal Mixed Fruit Cup 80 cal Fresh Apples 68 cal Buffalo Chicken Pizza 379 cal Cheeseburger on Bun 404 cal	BROWARD BOWL 578 cal Turkey Ham & Cheese Melt 349 cal Vegan Bean & Green Chile Burrito 290 cal Yogurt Parfait, Strawberry 446 cal Fresh Baby Carrots, Snack Pack 23 cal Steamed California Blend Vegetables 71 cal Roasted Dill Carrots 51 cal Fresh Apples 68 cal Fruit Blend Juice 90 cal
BEEF & BROCCOLI 267 cal Salad, Chicken Tenders 270 cal Yogurt Parfait, Strawberry 446 cal Brown Rice 222 cal Roasted Farm Fresh Green Beans 40 cal Sweet Potato Crinkle Cut Fries 169 cal Fresh Celery Sticks 14 cal Pineapple Wedges, Individually Wrapped 50 cal Fresh Cantaloupe 30 cal Vegan, Chik'n Nuggets w/ Crackers 396 cal Breaded Spicy Chicken Fillet on Bun 363 cal	LATIN STYLE BLACK BEANS W/ BROWN RICE 113 cal Salad, Chicken Tenders 270 cal Yogurt Parfait, Strawberry 446 cal Baked Potato 170 cal Vegetable, Pepper & Onion Fajita Blend 44 cal Steamed Corn 87 cal Fresh Cucumbers with Carrots 21 cal Peach Cup 70 cal Fresh Apples 68 cal Buffalo Chicken Pizza 379 cal Cheeseburger on Bun 404 cal	BONELESS CHICKEN WINGS 215 cal Vegan Bean & Green Chile Burrito 290 cal Breaded Spicy Chicken Fillet on Bun 363 cal Philly Cheese Steak Sub 297 cal Salad, Kale Chicken 389 cal Yogurt Parfait, Blueberry 439 cal Brown Rice 222 cal Fresh Carrots & Celery Sticks 17 cal Black Beans 85 cal Potato, Cajun Seasoned French Fries 104 cal Fresh Honeydew 36 cal Pears, Cup 70 cal	CHEESE TORTELLINI 265 cal Meat Sauce 106 cal Vegan, Chik'n Nuggets w/ Crackers 396 cal Chicken Caesar Wrap 216 cal Cheeseburger on Bun 404 cal Buffalo Chicken Pizza 379 cal Salad, Chicken Tenders 270 cal Yogurt Parfait, Blueberry 439 cal Hawaiian Roll 129 cal Sweet Potato Wedges 153 cal Steamed California Blend Vegetables 71 cal Fresh Zucchini and Yellow Squash Salad 15 cal Applesauce Cup 50 cal Fresh Apples 68 cal	JAMAICAN BEEF PATTY 227 cal Vegan, Chik'n Nuggets w/ Crackers 396 cal Breaded Chicken Fillet on Bun 344 cal Salad, Chicken Tenders 270 cal Hummus with Savory Herb Crackers 402 cal Yogurt Parfait, Blueberry 439 cal Potato, Cajun Seasoned French Fries 104 cal Roasted Butternut Squash 82 cal Fresh Baby Carrots, Snack Pack 23 cal Fresh Apples 68 cal Fruit Blend Juice 90 cal
CHICKEN TERIYAKI 245 cal Vegan, Chik'n Nuggets w/ Crackers 396 cal Breaded Spicy Chicken Fillet on Bun 363 cal Buffalo Chicken Pizza 379 cal Salad, Caesar 187 cal Yogurt Parfait, Strawberry 446 cal Vegetable Egg Roll Lo Mein 140 cal Lo Mein 265 cal Steamed Broccoli 49 cal Roasted Dill Carrots 51 cal Fresh Celery Sticks 14 cal Frozen Whole Fruit Cup 77 cal Fresh Apples 68 cal	JAMAICAN BEEF PATTY 227 cal Vegan Bean & Green Chile Burrito 290 cal Salad, Chicken Tenders 270 cal Yogurt Parfait, Strawberry 446 cal Plantains 283 cal Black Beans 85 cal Fresh Grape Tomato Salad 15 cal Applesauce Cup 50 cal Fresh Cantaloupe 30 cal Cheeseburger on Bun 404 cal	CHICKEN WINGS 703 cal Korean BBQ Chicken Wings 740 cal Chicken Caesar Wrap 216 cal Vegan Bean & Green Chile Burrito 290 cal Salad, Santa Fe Chicken 369 cal Yogurt Parfait, Blueberry 439 cal Fresh Grape Tomato Salad 15 cal Potato, Cajun Seasoned French Fries 104 cal Roasted Garbanzo Beans 136 cal Fresh Apples 68 cal Pears, Cup 70 cal Dinner Roll 70 cal	BAKED ZITI 390 cal Vegan, Chik'n Nuggets w/ Crackers 396 cal Salad, Santa Fe Chicken 369 cal Yogurt Parfait, Strawberry 446 cal Garlic Breadsticks 110 cal Sweet Potato Crinkle Cut Fries 169 cal Farm Fresh Green Beans 51 cal Fresh Zucchini and Yellow Squash Salad 15 cal Fresh Apple Slices 29 cal Mixed Fruit Cup 80 cal Buffalo Chicken Pizza 379 cal	CHICKEN POPCORN 255 cal Fish Patty on Bun 319 cal Vegan, Chik'n Nuggets w/ Crackers 396 cal Salad, Chicken Tenders 270 cal Hummus with Savory Herb Crackers 402 cal Yogurt Parfait, Strawberry 446 cal Brown Rice 222 cal Black Beans 85 cal Steamed Corn 107 cal Fresh Carrots & Celery Sticks 17 cal Fresh Apples 68 cal Fruit Blend Juice 90 cal

Served every day:

Salad, Seeds & Cheese • Vegan Salad, w/ Chik'n Nuggets • Savory Herb Crackers • Tossed Salad w/Romaine Lettuce & Sliced Tomatoes • Milk • Cheese Pizza • Pepperoni Pizza

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.

Menu