

Monday	Tuesday	Wednesday	Thursday	Friday
			1 CHICKEN PARMESAN OVER PENNE PASTA 399 cal Chicken Caesar Wrap 397 cal Vegan, Chik'n Nuggets w/ Crackers 377 cal Garlic Breadsticks 110 cal Fresh Baby Carrots, Snack Pack 23 cal Tossed Salad, w/Grape 17 cal Tomatoes & Carrots, Shredde 17 cal Fresh Banana (Ripe) 161 cal Vegan, Chik'n Nuggets 224 cal Steamed Carrots 31 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
5 MACARONI AND CHEESE 312 cal Turkey & Beef Pepperoni Stuffed Sandwich 301 cal Hummus with Savory Herb Crackers 402 cal Wild White Nacho Dorito Chips 130 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, Seeds & Cheese 344 cal Soft Tortilla 91 cal Brown Rice 111 cal Savory Herb Crackers 90 cal Tossed Salad, w/Grape 17 cal Tomatoes & Carrots, Shredde 17 cal Steamed Corn 107 cal Frozen Rips Strawberry Kiwi 60 cal	7 BONELESS CHICKEN WINGS 215 cal Yogurt w/ Cheese & Crackers 387 cal Plant-Based Fiesta Salad w/ Hummus 302 cal Savory Herb Crackers 90 cal Mini Waffles 89 cal Tater Tots 116 cal Steamed California Blend Vegetables 71 cal Fresh Sliced Orange 66 cal	8 No menu published	9 No menu published
12 No menu published	13 CHICKEN POPCORN 255 cal Philly Cheese Steak 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 Pineapple Wedges, Individually Wrapped 50 cal Pears, Cup 70 cal	14 BREADED CHICKEN DRUMSTICK 442 cal Honey BBQ Rib on Bun 351 cal Vegan Salad, w/ Chik'n Nuggets 312 cal Hawaiian Roll 129 cal Savory Herb Crackers 90 cal Farm Fresh Corn Cobettes 97 cal Steamed Spinach 96 cal Fresh Sliced Orange 66 cal	15 CHEESE TORTELLINI 199 cal Meat Sauce 106 cal Salad, Caesar 175 cal Vegan, Chik'n Nuggets w/ Crackers 396 cal Munchies Munch Mix Snack Mix 110 cal Tossed Salad, w/Grape 17 cal Tomatoes & Carrots, Shredde 17 cal Steamed California Blend Vegetables 71 cal Fresh Banana (Ripe) 161 cal Vegan, Chik'n Nuggets 224 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 Brown Rice 56 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 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 Savory Herb Crackers 90 cal Potato Wedges 144 cal Steamed Broccoli 49 cal Fresh Sliced Orange 66 cal Vegan, Chik'n Nuggets 224 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 17 cal Triple Berry Blast Veggie Edge 60 cal Fresh Banana (Ripe) 161 cal Carrot Juice 60 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 Brown Rice 56 cal Roasted Farm Fresh Green Beans 40 cal Mixed Vegetables 30 cal Frozen Whole Fruit Cup 77 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 17 cal Applesauce Cup 50 cal Steamed California Blend Vegetables 35 cal	28 CHEESEBURGER ON BUN 404 cal Baked Corndog 243 cal Vegan Salad, w/ Garbanzo Beans 324 cal Savory Herb Crackers 90 cal Baked Beans 150 cal Seasoned French Fries 121 cal Fresh Sliced Orange 66 cal	29 CHICKEN PARMESAN OVER PENNE PASTA 388 cal Chicken Caesar Wrap 216 cal Hummus with Savory Herb Crackers 402 cal Tossed Salad, w/Grape 17 cal Tomatoes & Carrots, Shredde 63 cal Steamed Carrots 31 cal Fresh Banana (Ripe) 161 cal Vegan, Chik'n Nuggets 224 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.