

Monday

Tuesday

Wednesday

Thursday

Friday

5	
	CHICKEN, GENERAL TSO'S 211 cal
	Chicken Tender Sub 446 cal
	Vegan, Chik'n Nuggets w/ Crackers 377 cal
	Cheeseburger on Bun 404 cal
	Vegan Hummus Meal 480 cal
	Brown Rice 222 cal
	Peas and Carrots Blend 91 cal
	Fresh Cucumbers with Carrots 21 cal
	Sweet Potato Wedges 153 cal
	Mixed Fruit Cup 80 cal
	Cheese Pizza 360 cal

6	
	ARROZ CON POLLO 467 cal
	Mexican Pizza 351 cal
	Vegan Hummus Meal 480 cal
	Breaded Spicy Chicken Fillet on Bun 363 cal
	Brown Rice 222 cal
	Black Beans 85 cal
	Potato Wedges 144 cal
	Frozen Rips Strawberry Kiwi 60 cal
	Buffalo Chicken Pizza 379 cal

7	
	HOKE POKE CHICKEN, GENERAL TSO'S 211 cal
	Chicken Caesar Wrap 397 cal
	Vegan Bean & Green Chile Burrito 290 cal
	Vegan Hummus and w/ Tortilla Round 370 cal
	Salad, Kale Chicken 389 cal
	Cheeseburger on Bun 404 cal
	Woodles Noodles 277 cal
	Steamed Corn 107 cal
	Fresh Sliced Cucumbers 11 cal
	Fresh Grape Tomato Salad 15 cal
	Pears, Cup 70 cal
	Fresh Pineapple Spear 43 cal
	Pepperoni Pizza 360 cal

1	
	BAKED ZITI 390 cal
	Spicy Chicken Breast Tenders 221 cal
	Vegan Hummus Meal 480 cal
	Garlic Breadsticks 110 cal
	Roasted Zucchini, Yellow Squash Mix 48 cal
	Farm Fresh Green Beans 51 cal
	Sweet Potato Wedges 153 cal
	Mixed Fruit Cup 80 cal
	Cheese Pizza 360 cal
	Dinner Roll 140 cal

2	
	JAMAICAN BEEF PATTY 227 cal
	Vegan, Chik'n Nuggets w/ Crackers 377 cal
	Vegan Hummus Meal 480 cal
	Farm Fresh Corn Cobettes 97 cal
	Fresh Mini Sweet Peppers 13 cal
	Fruit Blend Juice 90 cal
	Pepperoni Pizza 360 cal
	Breaded Chicken Fillet on Bun 344 cal

12	
	No menu published

13	
	BURRITO BOWL 347 cal
	Chicken Breast Tenders 216 cal
	Vegan Hummus and w/ Tortilla Round 370 cal
	Macaroni and Cheese 469 cal
	Tortilla Scoop Chips 110 cal
	Texas Garlic Toast 90 cal
	Black Beans 85 cal
	Fresh Cucumbers with Carrots 21 cal
	Strawberry Applesauce Cup 70 cal
	Pears, Cup 70 cal
	Cheese Pizza 360 cal
	Dinner Roll 140 cal

14	
	KOREAN BBQ CHICKEN WINGS 740 cal
	Chicken Caesar Wrap 216 cal
	Vegan Hummus and w/ Tortilla Round 370 cal
	Cheeseburger on Bun 404 cal
	Breaded Onion Rings 180 cal
	Fresh Carrots & Celery Sticks 17 cal
	Potato, Cajun Seasoned French Fries 104 cal
	Steamed Broccoli 49 cal
	Smooth-Frozen SideKicks Theme Celebrations 75 cal
	Chilled Peaches 63 cal
	Cheese Pizza 360 cal

15	
	BEEF A RONI 364 cal
	Chicken Caesar Wrap 216 cal
	Vegan Hummus and w/ Tortilla Round 370 cal
	Pepperoni Pizza 360 cal
	Breaded Chicken Fillet on Bun 344 cal
	Texas Garlic Toast 90 cal
	Steamed Broccoli 49 cal
	Sweet Potato Wedges 153 cal
	Mixed Fruit Cup 80 cal
	Fruit Blend Juice 90 cal
	Dinner Roll 140 cal

16	
	TURKEY HAM & CHEESE MELT 349 cal
	Vegan Hummus and w/ Tortilla Round 370 cal
	Chicken, Tangerine 210 cal
	Mexican Pizza 351 cal
	Chicken Teriyaki 245 cal
	Jamaican Beef Patty 227 cal
	Woodles Noodles 277 cal
	Fresh Mini Sweet Peppers 13 cal
	Mixed Vegetables 30 cal
	Fruit Blend Juice 90 cal
	Cheese Pizza 360 cal
	Breaded Chicken Fillet on Bun 344 cal

19	
	BEEF & BROCCOLI 267 cal
	Crispy Chicken & Cheese Wrap 454 cal
	Vegan Hummus and w/ Tortilla Round 370 cal
	Cheeseburger on Bun 404 cal
	Vegan Bean & Green Chile Burrito 290 cal
	Brown Rice 222 cal
	Roasted Farm Fresh Green Beans 40 cal
	Sweet Potato Wedges 153 cal
	Pineapple Wedges, Individually Wrapped 50 cal
	Pepperoni Pizza 360 cal

20	
	VEGAN HUMMUS AND W/ TORTILLA ROUND 370 cal
	Breaded Chicken Fillet on Bun 344 cal
	Chicken Caesar Wrap 216 cal
	Baked Potato 170 cal
	Black Beans 85 cal
	Steamed Broccoli 49 cal
	Fresh Cucumbers with Carrots 21 cal
	Cheese Pizza 360 cal

21	
	BONELESS CHICKEN WINGS 215 cal
	Philly Cheese Steak Sub 297 cal
	Vegan Bean & Green Chile Burrito 290 cal
	Vegan Hummus and w/ Tortilla Round 370 cal
	Breaded Chicken Fillet on Bun 344 cal
	Brown Rice 222 cal
	Fresh Carrots & Celery Sticks 17 cal
	Potato, Cajun Seasoned French Fries 104 cal
	Pears, Cup 70 cal
	Fruit Blend Juice 90 cal
	Apple Juice 90 cal
	Cheese Pizza 360 cal

22	
	CHEESE TORTELLINI 265 cal
	Meat Sauce 106 cal
	Chicken Caesar Wrap 216 cal
	Vegan Hummus and w/ Tortilla Round 370 cal
	Texas Garlic Toast 90 cal
	Steamed California Blend Vegetables 71 cal
	Sweet Potato Wedges 153 cal
	Applesauce Cup 50 cal
	Pepperoni Pizza 360 cal

23	
	CHICKEN POPCORN 255 cal
	Jamaican Beef Patty 227 cal
	Vegan, Chik'n Nuggets w/ Crackers 396 cal
	Vegan Hummus and w/ Tortilla Round 370 cal
	Brown Rice 222 cal
	Roasted Butternut Squash 82 cal
	Potato Wedges 144 cal
	Fruit Blend Juice 90 cal
	Cheese Pizza 360 cal
	Breaded Chicken Fillet on Bun 344 cal

26	
	CHICKEN TERIYAKI 245 cal
	Cheeseburger on Bun 404 cal
	Vegan Hummus and w/ Tortilla Round 370 cal
	Vegetable Egg Roll 140 cal
	Lo Mein 265 cal
	Steamed Broccoli 49 cal
	Roasted Dill Carrots 51 cal
	Frozen Whole Fruit Cup 77 cal
	Cheese Pizza 360 cal

27	
	BEEF & CHEESE TACO CRISP 360 cal
	Vegan Bean & Green Chile Burrito 290 cal
	Vegan Hummus and w/ Tortilla Round 370 cal
	Spicy Chicken Breaded Breast Fillet Salad 270 cal
	Plantains 283 cal
	Black Beans 85 cal
	Fresh Cucumbers with Carrots 21 cal
	Pepperoni Pizza 360 cal

28	
	KOREAN BBQ CHICKEN WINGS 740 cal
	Vegan Hummus and w/ Tortilla Round 370 cal
	Cheeseburger on Bun 404 cal
	Vegan Bean & Green Chile Burrito 290 cal
	Brown Rice 222 cal
	Fresh Carrots & Celery Sticks 17 cal
	Potato, Cajun Seasoned French Fries 104 cal
	Black Beans 85 cal
	Pears, Cup 70 cal
	Cheese Pizza 360 cal

29	
	BAKED ZITI 390 cal
	Chicken Breast Strips 214 cal
	Vegan Hummus and w/ Tortilla Round 370 cal
	Garlic Breadsticks 110 cal
	Dinner Roll 140 cal
	Roasted Zucchini, Yellow Squash Mix 48 cal
	Farm Fresh Green Beans 51 cal
	Sweet Potato Wedges 153 cal
	Mixed Fruit Cup 80 cal
	Cheese Pizza 360 cal

30	
	CHICKEN POPCORN 255 cal
	Fish Patty on Bun 319 cal
	Vegan, Chik'n Nuggets w/ Crackers 396 cal
	Vegan Hummus and w/ Tortilla Round 370 cal
	Cheeseburger on Bun 404 cal
	Brown Rice 222 cal
	Farm Fresh Corn Cobettes 97 cal
	Fresh Mini Sweet Peppers 13 cal
	Fruit Blend Juice 90 cal
	Cheese Pizza 360 cal

Served every day:

 Salad, Caesar •  Yogurt Parfait, Strawberry •  Tossed Salad, w/Romaine Lettuce & Grape Tomatoes •  Fresh Apples •  Milk •  Savory Herb Crackers

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