

Monday

Tuesday

Wednesday

Thursday

Friday

5	CHICKEN, GENERAL TSO'S 211 cal - Vegan, Chik'n Nuggets w/ Crackers 177 cal - Brown Rice 222 cal - Honey Graham Crackers 116 cal - Peas and Carrots Blend Vegetables 91 cal - Fresh Cucumbers with Carrots 21 cal - Mixed Fruit Cup 80 cal - Fresh Apples 68 cal - Salad, Chef 287 cal - Yogurt Parfait, Strawberry 446 cal - Crispy Chicken & Cheese Wrap 408 cal - Breaded Chicken Fillet on Bun 344 cal - Breaded Spicy Chicken Fillet on Bun 363 cal - Sweet Potato Crinkle Cut Fries 369 cal - Four Meat Pizza 371 cal
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6	ARROZ CON POLLO 467 cal - Mexican Pizza 337 cal - Latin Style Black Beans w/ Brown Rice 113 cal - Brown Rice 222 cal - Honey Graham Crackers 116 cal - Black Beans 85 cal - Fresh Zucchini and Yellow Squash Salad 13 cal - Fresh Baby Carrots, Snack Pack 23 cal - Fresh Sliced Cucumbers 11 cal - Frozen Rips Strawberry Kiwi 60 cal - Pineapple Wedges, Individually Wrapped 50 cal - Yogurt Parfait, Strawberry 446 cal - Salad, Caesar 187 cal - Salad, Chicken 381 cal - Hamburger on Bun 369 cal - Cheeseburger on Bun 404 cal - Seasoned French Fries 121 cal - Buffalo Chicken Pizza 379 cal
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7	HOKE POKE CHICKEN, GENERAL TSO'S 211 cal - Vegan Bean & Green Chile Burrito 290 cal - Woolies Noodles 277 cal - Steamed Corn 87 cal - Fresh Sliced Cucumbers 11 cal - Fresh Grape Tomato Salad 15 cal - Black Beans 96 cal - Fresh Apple Slices 29 cal - Pears, Cup 70 cal - Chicken Caesar Wrap 397 cal - Plant-Based Fiesta Salad w/ Hummus 328 cal - Salad, Popcorn Chicken 295 cal - Yogurt Parfait, Blueberry 439 cal - Honey Graham Crackers 116 cal - Chicken Breast Strips 214 cal - Spicy Chicken Breast Strips 214 cal - Hawaiian Roll 129 cal - Four Meat Pizza 371 cal
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8	No menu published
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9	No menu published
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12	No menu published
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13	BURRITO BOWL 347 cal - Fish Patty on Bun 319 cal - Latin Style Black Beans w/ Brown Rice 113 cal - Tortilla Scoop Chips 110 cal - Brown Rice 222 cal - Sweet Corn 168 cal - Black Beans 85 cal - Fresh Baby Carrots, Snack Pack 23 cal - Fresh Carrots & Celery Sticks 17 cal - Strawberry Applesauce Cup 70 cal - Pineapple Wedges, Individually Wrapped 50 cal - Yogurt Parfait, Pear 492 cal - Salad, Caesar 187 cal - Chicken Tender Sub 448 cal - Honey Graham Crackers 116 cal - Hamburger on Bun 369 cal - Cheeseburger on Bun 404 cal - Buffalo Chicken Pizza 379 cal
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14	CHICKEN WINGS 703 cal - BBQ Chicken Wings 737 cal - Korean BBQ Chicken Wings 740 cal - Breaded Onion Rings 160 cal - Honey Graham Crackers 116 cal - Fresh Carrots & Celery Sticks 17 cal - Black Beans 96 cal - Pears, Cup 70 cal - Fruit Blend Juice 90 cal - Chicken Tender Sub 446 cal - Salad, Popcorn Chicken 295 cal - Yogurt Parfait, Strawberry 446 cal - Dinner Roll 70 cal - Chicken Breast Strips 214 cal - Spicy Chicken Breast Strips 214 cal - Potato, Cajun Seasoned French Fries 104 cal - Four Meat Pizza 371 cal
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15	BEEF A RONI 364 cal - Chicken Caesar Wrap 216 cal - Vegan Bean & Green Chile Burrito 290 cal - Texas Garlic Toast 90 cal - Steamed Broccoli 49 cal - Fresh Baby Carrots, Snack Pack 23 cal - Fresh Broccoli 11 cal - Fresh Apple Slices 29 cal - Mixed Fruit Cup 80 cal - Yogurt Parfait, Strawberry 446 cal - Salad, Chicken 270 cal - Honey Graham Crackers 116 cal - Hamburger on Bun 369 cal - Cheeseburger on Bun 404 cal - Sweet Potato Wedges 153 cal - Buffalo Chicken Pizza 379 cal
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16	BROWARD SPICY BOWL 578 cal - Browned Bowl 578 cal - Vegan, Chik'n Nuggets w/ Crackers 396 cal - Turkey Ham & Cheese Melt 349 cal - Steamed California Blend Vegetables 71 cal - Fresh Mini Sweet 13 cal - Peppers 96 cal - Fresh Baby Carrots, Snack Pack 23 cal - Fresh Apple Slices 29 cal - Fruit Blend Juice 90 cal - Breaded Chicken Fillet on Bun 344 cal - Breaded Spicy Chicken Fillet on Bun 363 cal - Four Meat Pizza 371 cal
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19	BEEF & BROCCOLI 267 cal - Brown Rice 222 cal - Roasted Farm Fresh Green Beans 40 cal - Fresh Baby Carrots, Snack Pack 23 cal - Pineapple Wedges, Individually Wrapped 50 cal - Strawberry Applesauce Cup 70 cal - Vegan, Chik'n Nuggets w/ Crackers 396 cal - Crispy Chicken & Cheese Wrap 408 cal - Salad, Chef 287 cal - Salad, Chicken 270 cal - Yogurt Parfait, Blueberry 439 cal - Honey Graham Crackers 116 cal - Breaded Chicken Fillet on Bun 344 cal - Breaded Spicy Chicken Fillet on Bun 363 cal - Sweet Potato Crinkle Cut Fries 369 cal - Four Meat Pizza 371 cal
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20	LATIN STYLE BLACK BEANS w/ BROWN RICE 113 cal - Brown Rice 222 cal - Honey Graham Crackers 116 cal - Baked Potato 170 cal - Black Beans 85 cal - Steamed Broccoli 49 cal - Fresh Broccoli & Cucumber Salad 11 cal - Fresh Apple Slices 29 cal - Peach Cup 70 cal - Yogurt Parfait, Blueberry 439 cal - Salad, Caesar 187 cal - Chicken Tender Sub 448 cal - Hamburger on Bun 369 cal - Cheeseburger on Bun 404 cal - Buffalo Chicken Pizza 379 cal
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21	BONELESS CHICKEN WINGS 703 cal - BBQ Chicken Wings 737 cal - Philly Cheese Steak Sub 287 cal - Vegan Bean & Green Chile Burrito 290 cal - Brown Rice 222 cal - Fresh Carrots & Celery Sticks 17 cal - Fresh Grape Tomato Salad 15 cal - Pears, Cup 70 cal - Fresh Sliced Orange 66 cal - Salad, Popcorn Chicken 295 cal - Yogurt Parfait, Peach 492 cal - Crispy Chicken & Cheese Wrap 408 cal - Dinner Roll 70 cal - Honey Graham Crackers 116 cal - Chicken Breast Strips 214 cal - Spicy Chicken Breast Strips 214 cal - Potato, Cajun Seasoned French Fries 104 cal - Four Meat Pizza 371 cal
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22	CHEESE TORTELLINI 265 cal - Meat Sauce 106 cal - Chicken Caesar Wrap 216 cal - Yogurt Parfait, Peach 492 cal - Salad, Chicken 270 cal - Tenders 96 cal - Hawaiian Roll 129 cal - Honey Graham Crackers 116 cal - Steamed California Blend Vegetables 71 cal - Sweet Potato Wedges 153 cal - Fresh Zucchini and Yellow Squash Salad 5 cal - Applesauce Cup 50 cal - Fresh Banana (Ripe) 161 cal - Buffalo Chicken Pizza 379 cal
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23	CHICKEN POPCORN 255 cal - Jamaican Beef Patty 227 cal - Vegan, Chik'n Nuggets w/ Crackers 396 cal - Brown Rice 222 cal - Roasted Butternut Squash 82 cal - Black Beans 96 cal - Fresh Apple Slices 29 cal - Fruit Blend Juice 90 cal - Breaded Chicken Fillet on Bun 344 cal - Breaded Spicy Chicken Fillet on Bun 363 cal - Potato, Cajun Seasoned French Fries 104 cal - Four Meat Pizza 371 cal
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26	CHICKEN TERIYAKI 245 cal - Korean BBQ Shredded Chicken on Bun 438 cal - Vegan, Chik'n Nuggets w/ Crackers 396 cal - Vegetable Egg Roll 140 cal - Lo Mein 265 cal - Steamed Broccoli 49 cal - Roasted Dill Carrots 51 cal - Fresh Baby Carrots, Snack Pack 23 cal - Frozen Whole Fruit Cup 77 cal - Fresh Apples 68 cal - Salad, Chicken 270 cal - Yogurt Parfait, Strawberry 446 cal - Crispy Chicken & Cheese Wrap 408 cal - Honey Graham Crackers 116 cal - Breaded Chicken Fillet on Bun 344 cal - Breaded Spicy Chicken Fillet on Bun 363 cal - Four Meat Pizza 371 cal
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27	BEEF & CHEESE TACO CRISP 380 cal - Jamaican Beef Patty 227 cal - Vegan Bean & Green Chile Burrito 290 cal - Plantains 281 cal - Black Beans 85 cal - Fresh Broccoli & Cucumber Salad 11 cal - Applesauce Cup 50 cal - Fresh Sliced Orange 66 cal - Yogurt Parfait, Strawberry 446 cal - Salad, Caesar 187 cal - Honey Graham Crackers 116 cal - Hamburger on Bun 369 cal - Cheeseburger on Bun 404 cal - Buffalo Chicken Pizza 379 cal
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28	CHICKEN WINGS 703 cal - BBQ Chicken Wings 737 cal - Korean BBQ Chicken Wings 740 cal - Chicken Caesar Wrap 216 cal - Latin Style Black Beans w/ Brown Rice 113 cal - Brown Rice 222 cal - Fresh Carrots & Celery Sticks 17 cal - Black Beans 96 cal - Fresh Grape Tomato Salad 15 cal - Pears, Cup 70 cal - Fresh Banana (Ripe) 161 cal - Salad, Popcorn Chicken 295 cal - Dinner Roll 70 cal - Chicken Breast Strips 214 cal - Spicy Chicken Breast Strips 214 cal - Potato, Cajun Seasoned French Fries 104 cal - Four Meat Pizza 371 cal
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29	BAKED ZITI 390 cal - Garlic Breadsticks 110 cal - Roasted Zucchini, Yellow Squash Mix 48 cal - Farm Fresh Green Beans 51 cal - Fresh Cucumbers with Carrots 21 cal - Fresh Apple Slices 29 cal - Mixed Fruit Cup 80 cal - Crispy Chicken & Cheese Wrap 408 cal - Hummus with Savory Herb Crackers 402 cal - Yogurt Parfait, Strawberry 446 cal - Salad, Chicken 270 cal - Tenders 96 cal - Honey Graham Crackers 116 cal - Hamburger on Bun 369 cal - Cheeseburger on Bun 404 cal - Sweet Potato Crinkle Cut Fries 369 cal - Buffalo Chicken Pizza 379 cal
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30	CHICKEN POPCORN 255 cal - Fish Patty on Bun 319 cal - Vegan, Chik'n Nuggets w/ Crackers 396 cal - Salad, Chicken 270 cal - Tenders 96 cal - Wild White Nacho Doritos Chips 130 cal - Farm Fresh Corn Cobettes 97 cal - Fresh Mini Sweet 13 cal - Peppers 96 cal - Black Beans 96 cal - Fresh Grape Tomato Salad 15 cal - Fresh Apple Slices 29 cal - Fruit Blend Juice 90 cal - Breaded Chicken Fillet on Bun 344 cal - Breaded Spicy Chicken Fillet on Bun 363 cal - Four Meat Pizza 371 cal
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