

Monday

Tuesday

Wednesday

Thursday

Friday

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

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, Sliced Turkey & Cheese 217 cal
-  Soft Tortilla 91 cal
-  Brown Rice 111 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
-  Parfait, Strawberry w/Cheese Stick 319 cal
-  Plant-Based Fiesta Salad w/ Hummus 302 cal
-  Mini Waffles 89 cal
-  Savory Herb Crackers 90 cal
-  Tater Tots 116 cal
-  Steamed California Blend Vegetables 71 cal
-  Fresh Apple Slices 29 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 85 cal
-  Brown Rice 111 cal
-  Fresh Mini Sweet Peppers 13 cal
-  Potato Smiles 130 cal
-  Pineapple Wedges, Individually Wrapped 50 cal

14

-  **BREADED CHICKEN DRUMSTICK** 442 cal
-  Honey BBQ Rib on Bun 351 cal
-  Salad, Vegan w/ Buffalo Fava Crisp 224 cal
-  Hawaiian Roll 129 cal
-  Savory Herb Crackers 90 cal
-  Farm Fresh Corn Cobettes 97 cal
-  Steamed Spinach 96 cal
-  Fresh Apple Slices 29 cal

15

-  **CHEESE TORTELLINI** 199 cal
-  Meat Sauce 106 cal
-  Salad, Caesar 175 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

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
-  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
-  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 324 cal
-  Savory Herb Crackers 90 cal
-  Potato Wedges 144 cal
-  Steamed Broccoli 49 cal
-  Fresh Apple Slices 29 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 Tomatoes & Carrots, Shredde 17 cal
-  Triple Berry Blast Veggie Edge 60 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 85 cal
-  Brown Rice 111 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 Corn dog 243 cal
-  Vegan Salad, w/ Garbanzo Beans 324 cal
-  Savory Herb Crackers 90 cal
-  Potato, Cajun Seasoned French Fries 104 cal
-  Baked Beans 150 cal
-  Fresh Apple Slices 29 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.

MealViewer