

| Monday                                                                                                                                                                                                                                                                                                                                                                                                          | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                               | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                      | Thursday                                                                                                                                                                                                                                                                                                                                                                                                        | Friday                                                                                                                                                                                                                                                                                                                                      |
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|                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                | <div>1</div> <ul style="list-style-type: none"> <li><b>CHICKEN PARMESAN OVER PENNE PASTA</b> 399 cal</li> <li>Chicken Caesar Wrap 397 cal</li> <li>Hummus with Savory Herb Crackers 402 cal</li> <li>Garlic Breadsticks 110 cal</li> <li>Fresh Baby Carrots, Snack Pack 23 cal</li> <li>Tossed Salad, w/Grape Tomatoes &amp; Carrots, Shredde 17 cal</li> <li>Fresh Apple Slices 29 cal</li> </ul>              | <div>2</div> <ul style="list-style-type: none"> <li><b>GARLIC CHEESE PIZZA</b> 370 cal</li> <li>Yogurt w/ Cheese &amp; Crackers 387 cal</li> <li>Vegan Bean &amp; Green Chile Burrito 290 cal</li> <li>Steamed California Blend Vegetables 71 cal</li> <li>Steamed Broccoli 49 cal</li> <li>Fruit Blend Juice 90 cal</li> </ul>             |
| <div>5</div> <ul style="list-style-type: none"> <li><b>MACARONI AND CHEESE</b> 312 cal</li> <li>Buffalo Style Chicken Stuffed Sandwich 291 cal</li> <li>Hummus with Savory Herb Crackers 402 cal</li> <li>Wild White Nacho Dorito Chips 130 cal</li> <li>Sweet Potato Crinkle Cut Fries 169 cal</li> <li>Black Beans 85 cal</li> <li>Mixed Fruit Cup 80 cal</li> </ul>                                          | <div>6</div> <ul style="list-style-type: none"> <li><b>ARROZ CON POLLO</b> 312 cal</li> <li>Latin Style Black Beans w/ Brown Rice 113 cal</li> <li>Salad, Sliced Turkey &amp; Cheese 241 cal</li> <li>Soft Tortilla 91 cal</li> <li>Brown Rice 148 cal</li> <li>Savory Herb Crackers 90 cal</li> <li>Street Corn 138 cal</li> <li>Tossed Salad, w/Grape Tomatoes &amp; Carrots, Shredde 17 cal</li> <li>Frozen Rips Strawberry Kiwi 60 cal</li> </ul> | <div>7</div> <ul style="list-style-type: none"> <li><b>BONELESS CHICKEN WINGS</b> 215 cal</li> <li>Spicy Chicken Breast Strips 214 cal</li> <li>Parfait, Blueberry w/Cheese Stick 313 cal</li> <li>Plant-Based Fiesta Salad w/ Hummus 326 cal</li> <li>Mini Waffles 89 cal</li> <li>Savory Herb Crackers 90 cal</li> <li>Tater Tots 116 cal</li> <li>Steamed California Blend Vegetables 71 cal</li> <li>Fresh Sliced Orange 66 cal</li> </ul> | <div>8</div> <p>No menu published</p>                                                                                                                                                                                                                                                                                                                                                                           | <div>9</div> <p>No menu published</p>                                                                                                                                                                                                                                                                                                       |
| <div>12</div> <p>No menu published</p>                                                                                                                                                                                                                                                                                                                                                                          | <div>13</div> <ul style="list-style-type: none"> <li><b>CHICKEN POPCORN</b> 255 cal</li> <li>Philly Cheese Steak Sub 304 cal</li> <li>Latin Style Black Beans w/ Brown Rice 113 cal</li> <li>Brown Rice 148 cal</li> <li>Wheat Roll 78 cal</li> <li>Fresh Mini Sweet Peppers 13 cal</li> <li>Potato Smiles 130 cal</li> <li>Tater Tots 116 cal</li> <li>Pineapple Wedges, Individually Wrapped 50 cal</li> </ul>                                      | <div>14</div> <ul style="list-style-type: none"> <li><b>CHICKEN WINGS</b> 562 cal</li> <li>Honey BBQ Rib on Bun 351 cal</li> <li>Plant-Based Fiesta Salad w/ Hummus 326 cal</li> <li>Hawaiian Roll 129 cal</li> <li>Savory Herb Crackers 90 cal</li> <li>Farm Fresh Corn Cobettes 97 cal</li> <li>Steamed Spinach 96 cal</li> <li>Fresh Sliced Orange 66 cal</li> </ul>                                                                        | <div>15</div> <ul style="list-style-type: none"> <li><b>CHEESE TORTELLINI</b> 199 cal</li> <li>Meat Sauce 106 cal</li> <li>Salad, Caesar 187 cal</li> <li>Plant-Based Fiesta Wrap w/ Hummus 377 cal</li> <li>Garlic Breadsticks 110 cal</li> <li>Tossed Salad, w/Grape Tomatoes &amp; Carrots, Shredde 17 cal</li> <li>Steamed California Blend Vegetables 71 cal</li> <li>Fresh Apple Slices 29 cal</li> </ul> | <div>16</div> <ul style="list-style-type: none"> <li><b>PIZZA CRUNCHERS</b> 436 cal</li> <li>Beef Hot Dog on Bun 308 cal</li> <li>Vegan, Chik'n Nuggets w/ Crackers 396 cal</li> <li>Baked Beans 150 cal</li> <li>Fruit Blend Juice 90 cal</li> </ul>                                                                                       |
| <div>19</div> <ul style="list-style-type: none"> <li><b>CHICKEN, TANGERINE</b> 210 cal</li> <li>Turkey Ham &amp; Cheese Melt 306 cal</li> <li>Vegan, Chik'n Nuggets w/ Crackers 396 cal</li> <li>Woodles Noodles 138 cal</li> <li>Sweet Potato Wedges 153 cal</li> <li>Mixed Vegetables 30 cal</li> <li>Peach Cup 70 cal</li> </ul>                                                                             | <div>20</div> <ul style="list-style-type: none"> <li><b>BEEF &amp; CHEESE TACO CRISP</b> 360 cal</li> <li>Vegan Bean &amp; Green Chile Burrito 290 cal</li> <li>Hard Boiled Egg and Cheese Stick Meal w/ Crackers 402 cal</li> <li>Vegetable, Pepper &amp; Onion Fajita Blend 44 cal</li> <li>Black Beans 85 cal</li> <li>Strawberry Applesauce Cup 70 cal</li> </ul>                                                                                 | <div>21</div> <ul style="list-style-type: none"> <li><b>BREADED CHICKEN FILLET ON BUN</b> 344 cal</li> <li>Yogurt w/ Seed &amp; Pop Tart 645 cal</li> <li>Potato Wedges 144 cal</li> <li>Steamed Broccoli 49 cal</li> <li>Pineapple Wedges, Individually Wrapped 50 cal</li> </ul>                                                                                                                                                             | <div>22</div> <p>No menu published</p>                                                                                                                                                                                                                                                                                                                                                                          | <div>23</div> <ul style="list-style-type: none"> <li><b>PULL APART CHEEZY BEEF PEPPERONI BREADSTICKS</b> 271 cal</li> <li>Fish Patty on Bun 319 cal</li> <li>Vegan Hummus and w/ Tortilla Round 370 cal</li> <li>Fresh Sliced Cucumbers 11 cal</li> <li>Sweet Potato Crinkle Cut Fries 169 cal</li> <li>Fruit Blend Juice 90 cal</li> </ul> |
| <div>26</div> <ul style="list-style-type: none"> <li><b>CHICKEN TERIYAKI</b> 245 cal</li> <li>Vegan, Chik'n Nuggets 280 cal</li> <li>Korean BBQ Shredded Chicken on Bun 341 cal</li> <li>Vegetable Egg Roll 140 cal</li> <li>Lo Mein 133 cal</li> <li>Roasted Farm Fresh Green Beans 40 cal</li> <li>Mixed Vegetables 30 cal</li> <li>Frozen Whole Fruit Cup 77 cal</li> <li>Korean BBQ Sauce 61 cal</li> </ul> | <div>27</div> <p>No menu published</p>                                                                                                                                                                                                                                                                                                                                                                                                                | <div>28</div> <p>No menu published</p>                                                                                                                                                                                                                                                                                                                                                                                                         | <div>29</div> <p>No menu published</p>                                                                                                                                                                                                                                                                                                                                                                          | <div>30</div> <ul style="list-style-type: none"> <li><b>GARLIC CHEESE PIZZA</b> 370 cal</li> <li>Yogurt w/ Cheese &amp; Crackers 387 cal</li> <li>Vegan Bean &amp; Green Chile Burrito 290 cal</li> <li>Steamed California Blend Vegetables 71 cal</li> <li>Steamed Broccoli 49 cal</li> <li>Fruit Blend Juice 90 cal</li> </ul>            |

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