

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 - Vegan, Chik'n Nuggets 224 cal - Steamed Carrots 31 cal - Fresh Banana (Ripe) 81 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 - Garlic Breadsticks 110 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 - Street Corn 138 cal - Tossed Salad, w/Grape Tomatoes & Carrots, Shredde 17 cal - Frozen Rips Strawberry Kiwi 60 cal - Steamed Corn 53 cal	7 BONELESS CHICKEN WINGS 215 cal - Parfait, Blueberry w/Cheese Stick 313 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 - Pineapple Wedges, Individually Wrapped 50 cal - Fresh Sliced Orange 33 cal	8 No menu published	9 No menu published
12 No menu published	13 LATIN STYLE BLACK BEANS W/ BROWN RICE 85 cal - Meat Sauce 106 cal - Brown Rice 111 cal - Wheat Roll 78 cal - Penne Pasta 140 cal - Fresh Mini Sweet Peppers 13 cal - Steamed Broccoli 49 cal - Fresh Apples 68 cal - Peach Cup 70 cal	14 BREADED CHICKEN DRUMSTICK 442 cal - Honey BBQ Rib on Bun 351 cal - Plant-Based Fiesta Salad w/ Hummus 302 cal - Hawaiian Roll 129 cal - Savory Herb Crackers 90 cal - Steamed Spinach 96 cal - Steamed Corn 87 cal - Fresh Sliced Orange 66 cal	15 CHEESE TORTELLINI 199 cal - Meat Sauce 106 cal - Salad, Caesar 175 cal - Plant-Based Fiesta Wrap w/ Hummus 377 cal - Garlic Breadsticks 110 cal - Tossed Salad, w/Grape Tomatoes & Carrots, Shredde 17 cal - Steamed California Blend Vegetables 71 cal - Fresh Apple Slices 29 cal - Vegan, Chik'n Nuggets 224 cal - Applesauce Cup 50 cal	16 PIZZA CRUNCHERS 436 cal - Beef Hot Dog on Bun 308 cal - Vegan, Chik'n Nuggets w/ Crackers 396 cal - Roasted Garbanzo Beans 136 cal - Fresh Baby Carrots, Snack Pack 23 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 - 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 - Pineapple Wedges, Individually Wrapped 50 cal - Vegan, Chik'n Nuggets 224 cal - Fresh Sliced Orange 33 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 - Carrot Juice 60 cal - Fresh Banana (Ripe) 81 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 - 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 - Potato, Cajun Seasoned French Fries 104 cal - Baked Beans 150 cal - Fresh Sliced Orange 66 cal - Seasoned French Fries 61 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 - Vegan, Chik'n Nuggets 224 cal - Steamed Carrots 31 cal - Fresh Banana (Ripe) 81 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.