

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 - Cheeseburger on Bun 404 cal - Hamburger on Bun 369 cal - Salad, Chicken Tenders 311 cal - Salad, Chef 287 cal - Breaded Spicy Chicken Fillet on Bun 363 cal - Breaded Chicken Fillet on Bun 344 cal - Cheese Pizza 360 cal - Pepperoni Pizza 360 cal - Salad, Caesar 187 cal - Mini Chicken Fillet Slider on Hawaiian Roll 481 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 - Cheeseburger on Bun 404 cal - Hamburger on Bun 369 cal - Salad, Chicken Tenders 311 cal - Salad, Chef 287 cal - Breaded Spicy Chicken Fillet on Bun 363 cal - Breaded Chicken Fillet on Bun 344 cal - Cheese Pizza 360 cal - Pepperoni Pizza 360 cal - Salad, Caesar 187 cal - Mini Chicken Fillet Slider on Hawaiian Roll 481 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 - Buffalo Style Chicken Stuffed Sandwich 291 cal - Hummus with Savory Herb Crackers 402 cal - Cheeseburger on Bun 404 cal - Hamburger on Bun 369 cal - Salad, Chicken Tenders 311 cal - Salad, Chef 287 cal - Breaded Spicy Chicken Fillet on Bun 363 cal - Breaded Chicken Fillet on Bun 344 cal - Cheese Pizza 360 cal - Pepperoni Pizza 360 cal - Salad, Caesar 187 cal - Mini Chicken Fillet Slider on Hawaiian Roll 481 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 - Cheeseburger on Bun 404 cal - Hamburger on Bun 369 cal - Salad, Chicken Tenders 311 cal - Salad, Chef 287 cal - Breaded Spicy Chicken Fillet on Bun 363 cal - Breaded Chicken Fillet on Bun 344 cal - Cheese Pizza 360 cal - Pepperoni Pizza 360 cal - Salad, Caesar 187 cal - Mini Chicken Fillet Slider on Hawaiian Roll 481 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 - SPICY CHICKEN BREAST STRIPS 214 cal - Boneless Chicken Wings 215 cal - Parfait, Peach w/Cheese Stick 366 cal - Parfait, Pineapple w/Cheese Stick 395 cal - Parfait, Blueberry w/Cheese Stick 313 cal - Parfait, Strawberry w/Cheese Stick 319 cal - Plant-Based Fiesta Salad w/ Hummus 302 cal - Cheeseburger on Bun 404 cal - Hamburger on Bun 369 cal - Salad, Chicken Tenders 311 cal - Salad, Chef 287 cal - Breaded Spicy Chicken Fillet on Bun 363 cal - Breaded Chicken Fillet on Bun 344 cal - Cheese Pizza 360 cal - Pepperoni Pizza 360 cal - Salad, Caesar 187 cal - Mini Waffles 89 cal - Savory Herb Crackers 90 cal - Tater Tots 116 cal - Steamed California Blend Vegetables 71 cal	8 No menu published	9 No menu published
12 No menu published	13 - CHICKEN POPCORN 255 cal - Philly Cheese Steak Sub 304 cal - Hummus with Savory Herb Crackers 402 cal - Wheat Roll 78 cal - Fresh Mini Sweet Peppers 13 cal - Tater Tots 116 cal - Pineapple Wedges, Individually Wrapped 50 cal	14 - CHICKEN WINGS 562 cal - Honey BBQ Rib on Bun 351 cal - Hawaiian Roll 129 cal - Farm Fresh Corn Cobettes 97 cal - Steamed Spinach 96 cal - Fresh Pineapple Spear 43 cal	15 - CHEESE TORTELLINI 199 cal - Meat Sauce 106 cal - Salad, Caesar 187 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 - Wondles Noodles 138 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 - Potato Wedges 144 cal - Steamed Broccoli 49 cal - Fresh Pineapple Spear 43 cal	22 - BEEF A RONI 205 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	27 - MEXICAN PIZZA 351 cal - Breaded Mozzarella Cheese Sticks 390 cal - Vegan Hummus w/ Savory Herb Crackers 260 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 CornDog 243 cal - Vegan Hummus and w/ Tortilla Round 370 cal - Baked Beans 150 cal - Potato, Cajun Seasoned French Fries 104 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 - 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.

Menu Viewer