

Piper High

Lunch · October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Baked Ziti 390 cal Plant-Based Fiesta Wrap w/ Hummus 377 cal Yogurt Parfait, Blueberry 439 cal Garlic Breadsticks 110 cal Sweet Potato Crinkle Cut Fries 169 cal Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal Farm Fresh Green Beans 51 cal Fresh Apple Slices 29 cal Mixed Fruit Cup 80 cal Buffalo Chicken Pizza 379 cal	Jamaican Beef Patty 227 cal Vegan, Chik'n Nuggets w/ Crackers 377 cal Farm Fresh Corn Cobettes 97 cal Fresh Mini Sweet Peppers 13 cal Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal Variety Juice 90 cal Four Meat Pizza 371 cal
			8	9
			No menu published	No menu published
5	6	7		
Chicken, General Tso's 211 cal Vegan, Chik'n Nuggets w/ Crackers 377 cal Salad, Seeds & Cheese 367 cal Brown Rice 222 cal Peas and Carrots Blend Vegetables 91 cal Sweet Potato Crinkle Cut Fries 169 cal Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal Mixed Fruit Cup 80 cal	Arroz con Pollo 467 cal Mexican Pizza 351 cal Latin Style Black Beans w/ Brown Rice 113 cal Yogurt Parfait, Strawberry 446 cal Brown Rice 222 cal Black Beans 85 cal Seasoned French Fries 121 cal Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal Fresh Baby Carrots, Snack Pack 23 cal Frozen Rips Strawberry Kiwi 60 cal Buffalo Chicken Pizza 379 cal	Hoke Poke Chicken Teriyaki 245 cal Chicken Caesar Wrap 397 cal Vegan Bean & Green Chile Burrito 290 cal Woolies Noodles 277 cal Steamed Corn 87 cal Fresh Grape Tomato Salad 15 cal Tossed Salad w/Romaine Lettuce & Diced Tomatoes 15 cal Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal Fresh Apple Slices 29 cal Pears, Cup 70 cal Hoke Poke Cilantro		
12	13	14	15	16
No menu published	Burrito Bowl 347 cal Fish Patty on Bun 319 cal Latin Style Black Beans w/ Brown Rice 113 cal Salad, Vegan w/ Buffalo Fava Crisp 248 cal Salad, Popcorn Chicken 295 cal Tortilla Scoop Chips 110 cal Brown Rice 222 cal Black Beans 85 cal Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal Fresh Baby Carrots, Snack Pack 23 cal Steamed California Blend Vegetables 71 cal Fresh Apples 68 cal Hamburger on Bun 369 cal Cheeseburger on Bun 404 cal Buffalo Chicken Pizza 379 cal	Chicken Wings 703 cal Breaded Onion Rings 180 cal Potato, Cajun Seasoned French Fries 104 cal Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal Pears, Cup 70 cal	Beef A Roni 364 cal Chicken Caesar Wrap 216 cal Vegan Bean & Green Chile Burrito 290 cal Steamed Broccoli 49 cal Sweet Potato Wedges 153 cal Fresh Baby Carrots, Snack Pack 23 cal Fresh Apple Slices 29 cal Mixed Fruit Cup 80 cal Buffalo Chicken Pizza 379 cal	Broward 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 Peppers 13 cal Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal Fresh Baby Carrots, Snack Pack 23 cal Fruit Blend Juice 90 cal
19	20	21	22	23
Beef & Broccoli 267 cal Chicken Tender Sub 446 cal Brown Rice 222 cal Roasted Farm Fresh Green Beans 40 cal Sweet Potato Crinkle Cut Fries 169 cal Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal Fresh Baby Carrots, Snack Pack 23 cal Pineapple Wedges, Individually Wrapped 50 cal	Premium Beef Taco/Nachos Meat 167 cal Latin Style Black Beans w/ Brown Rice 113 cal Brown Rice 222 cal Black Beans 85 cal Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal Fresh Apple Slices 29 cal Peach Cup 70 cal Buffalo Chicken Pizza 379 cal	Boneless Chicken Wings 215 cal Philly Cheese Steak Sub 297 cal Vegan Bean & Green Chile Burrito 290 cal Fresh Carrots & Celery Sticks 17 cal Potato, Cajun Seasoned French Fries 104 cal Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal Fresh Grape Tomato Salad 15 cal Pears, Cup 70 cal	Cheese Tortellini 265 cal Meat Sauce 106 cal Chicken Caesar Wrap 216 cal Hawaiian Roll 129 cal Steamed California Blend Vegetables 71 cal Sweet Potato Wedges 153 cal Applesauce Cup 50 cal	Chicken Popcorn 255 cal Jamaican Beef Patty 227 cal Vegan, Chik'n Nuggets w/ Crackers 396 cal Brown Rice 222 cal Potato, Cajun Seasoned French Fries 104 cal Roasted Butternut Squash 82 cal Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal Variety Juice 90 cal
26	27	28	29	30
Chicken Teriyaki 245 cal Korean BBQ Shredded Chicken on Bun 438 cal Vegan, Chik'n Nuggets 280 cal Vegetable Egg Roll 140 cal Lo Mein 265 cal Steamed Broccoli 49 cal Roasted Dill Carrots 51 cal Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal Fresh Baby Carrots, Snack Pack 23 cal Frozen Whole Fruit Cup 77 cal	Beef & Cheese Taco Crisp 360 cal Jamaican Beef Patty 227 cal Vegan Bean & Green Chile Burrito 290 cal Plantains 283 cal Black Beans 85 cal Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal Applesauce Cup 50 cal	Chicken Wings 703 cal Chicken Caesar Wrap 216 cal Potato, Cajun Seasoned French Fries 104 cal Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal Fresh Baby Carrots, Snack Pack 23 cal Fresh Sliced Cucumbers 11 cal Pears, Cup 70 cal	Baked Ziti 390 cal Plant-Based Fiesta Wrap w/ Hummus 377 cal Garlic Breadsticks 110 cal Sweet Potato Crinkle Cut Fries 169 cal Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal Farm Fresh Green Beans 51 cal Fresh Apple Slices 29 cal Mixed Fruit Cup 80 cal Buffalo Chicken Pizza 379 cal	Chicken Popcorn 255 cal Fish Patty on Bun 319 cal Vegan, Chik'n Nuggets w/ Crackers 396 cal Brown Rice 222 cal Farm Fresh Corn Cobettes 97 cal Fresh Mini Sweet Peppers 13 cal Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal Steamed Corn 87 cal Fruit Blend Juice 90 cal

Served every day

Milk · Cheese Pizza · Pepperoni Pizza