

Plantation High

Lunch · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

Chicken, General 215 cal Taco's • Vegan, Chik'n Nuggets w/ Crackers 377 cal • Crispy Chicken & Cheese Wrap 408 cal • Parfait, Strawberry w/ Cheese Stick 319 cal • Yogurt Parfait, Strawberry 446 cal • Brown Rice 107 cal • Peas and Carrots Blend 97 cal • Tossed Salad 16 cal • w/ Romaine Lettuce & Grape Tomatoes 153 cal • Sweet Potato Wedges 10 cal • Mixed Fruit Cup 29 cal • Chicken Breast Strips 214 cal • Spicy Chicken Breast Strips 214 cal

Arroz con Pollo 467 cal • Mexican Pizza 351 cal • Latin Style Black Beans w/ Brown Rice 103 cal • Parfait, Blueberry w/ Cheese Stick 319 cal • Yogurt Parfait, Blueberry 446 cal • Salad, Caesar 107 cal • Salad, Vegan w/ Buffalo Fava Crisp 248 cal • Crispy Chicken & Cheese Wrap 408 cal • Seasoned French Fries 85 cal • Brown Rice 107 cal • Black Beans 85 cal • Tossed Salad 16 cal • w/ Romaine Lettuce & Grape Tomatoes 153 cal • Fresh Baby Carrots, Snack Pack 23 cal • Frozen Rips 60 cal • Strawberry Kiwi 369 cal • Hamburger on Bun 404 cal • Cheeseburger on Bun 404 cal

Hoke Poke Chicken, General Taco's 215 cal • Chicken Caesar Wrap 197 cal • Vegan Bean & Green Chile Burrito 290 cal • Salad, Chicken 319 cal • Tenders 319 cal • Parfait, Strawberry w/ Cheese Stick 319 cal • Yogurt Parfait, Strawberry 446 cal • Combo Sub 109 cal • Wootles Noodles 277 cal • Steamed Corn 107 cal • Fresh Sliced Cucumbers 11 cal • Fresh Grape Tomato Salad 15 cal • Fresh Apple Slices 29 cal • Pears, Cup 10 cal • Baked Chicken Fillet on Bun 344 cal • Baked Spicy Chicken Fillet on Bun 344 cal

Baked Ziti 390 cal • Spicy Chicken Tender Sub 446 cal • Plant-Based Fiesta Wrap w/ Hummus 377 cal • Yogurt Parfait, Strawberry 446 cal • Salad, Caesar 107 cal • Salad, Vegan w/ Buffalo Fava Crisp 248 cal • Parfait, Strawberry w/ Cheese Stick 319 cal • Crispy Chicken & Cheese Wrap 408 cal • Garlic Breadsticks 110 cal • Roasted Zucchini, Yellow Squash Mix 48 cal • Tossed Salad 16 cal • w/ Romaine Lettuce & Grape Tomatoes 153 cal • Farm Fresh Green Beans 51 cal • Sweet Potato Wedges 10 cal • Sweet Potato Mashed 90 cal • Mixed Fruit Cup 29 cal • Fresh Cantaloupe 30 cal • Hamburger on Bun 369 cal • Cheeseburger on Bun 404 cal

Chicken Popcorn 255 cal • Jamaican Beef Patty 227 cal • Vegan, Chik'n Nuggets w/ Crackers 377 cal • Salad, Chicken 319 cal • Tenders 319 cal • Parfait, Blueberry w/ Cheese Stick 319 cal • Yogurt Parfait, Blueberry 446 cal • Farm Fresh Corn Coblets 97 cal • Fresh Mini Sweet Peppers 13 cal • Mashed Potatoes 110 cal • Variety Juice 90 cal • Fresh Apples 60 cal • Turkey Gravy 22 cal • Baked Chicken Fillet on Bun 344 cal • Baked Spicy Chicken Fillet on Bun 344 cal • Plant-Based Fiesta Salad w/ Hummus 326 cal • Dinner Roll 70 cal
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No menu published

Burrito Bowl 347 cal • Fish Patty on Bun 319 cal • Latin Style Black Beans w/ Brown Rice 103 cal • Parfait, Strawberry w/ Cheese Stick 319 cal • Yogurt Parfait, Strawberry 446 cal • Crispy Chicken & Cheese Wrap 408 cal • Salad, Caesar 107 cal • Salad, Vegan w/ Buffalo Fava Crisp 248 cal • Spicy Chicken Breast Strips 214 cal • Tenders 319 cal • Combo Sub 109 cal • Tortilla Soup Chips 222 cal • Brown Rice 107 cal • Street Corn 146 cal • Black Beans 85 cal • Tossed Salad 16 cal • w/ Romaine Lettuce & Grape Tomatoes 153 cal • Fresh Baby Carrots, Snack Pack 23 cal • Marinara Sauce 47 cal • Variety Fresh Fruit 240 cal • Applesauce Cup 50 cal
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Cajun Seasoned Chicken Wings 709 cal • Korean BBQ Chicken 592 cal • Spicy Chicken Tender Sub 446 cal • Salad, Caesar 107 cal • Salad, Vegan w/ Buffalo Fava Crisp 248 cal • Parfait, Strawberry w/ Cheese Stick 319 cal • Yogurt Parfait, Strawberry 446 cal • Baked Onion Rings 100 cal • Fresh Carrots & Celery 17 cal • Sticks 10 cal • Potato, Cajun Seasoned French Fries 304 cal • Tossed Salad 16 cal • w/ Romaine Lettuce & Grape Tomatoes 153 cal • Pears, Cup 10 cal • Chicken Breast Strips 214 cal • Spicy Chicken Breast Strips 214 cal • Dinner Roll 70 cal
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Beef A Roni 205 cal • Chicken Caesar Wrap 197 cal • Vegan Bean & Green Chile Burrito 290 cal • Yogurt Parfait, Blueberry 446 cal • Parfait, Blueberry w/ Cheese Stick 319 cal • Salad, Chicken 319 cal • Salad, Vegan w/ Buffalo Fava Crisp 248 cal • Crispy Chicken & Cheese Wrap 408 cal • Garlic Breadsticks 110 cal • Steamed Broccoli 49 cal • Sweet Potato Wedges 10 cal • Tossed Salad 16 cal • w/ Romaine Lettuce & Grape Tomatoes 153 cal • Fresh Baby Carrots, Snack Pack 23 cal • Fresh Apple Slices 29 cal • Mixed Fruit Cup 29 cal • Hamburger on Bun 369 cal • Cheeseburger on Bun 404 cal
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Broward Spicy Bowl 578 cal • Vegan, Chik'n Nuggets w/ Crackers 377 cal • Salad, Caesar 107 cal • Salad, Vegan w/ Buffalo Fava Crisp 248 cal • Parfait, Blueberry w/ Cheese Stick 319 cal • Yogurt Parfait, Blueberry 446 cal • Turkey Ham & Cheese Melt 349 cal • Steamed California Blend Vegetables 71 cal • Fresh Mini Sweet Peppers 13 cal • Tossed Salad 16 cal • w/ Romaine Lettuce & Grape Tomatoes 153 cal • Fresh Baby Carrots, Snack Pack 23 cal • Variety Juice 90 cal • Fresh Banana (Ripe) 90 cal • Baked Chicken Fillet on Bun 344 cal • Baked Spicy Chicken Fillet on Bun 344 cal • Dinner Roll 70 cal
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Beef & Broccoli 267 cal • Crispy Chicken & Cheese Wrap 408 cal • Salad, Chicken 319 cal • Tenders 319 cal • Salad, Vegan w/ Buffalo Fava Crisp 248 cal • Parfait, Strawberry w/ Cheese Stick 319 cal • Yogurt Parfait, Strawberry 446 cal • Brown Rice 107 cal • Roasted Farm Fresh Green Beans 49 cal • Tossed Salad 16 cal • w/ Romaine Lettuce & Grape Tomatoes 153 cal • Sweet Potato Wedges 10 cal • Pineapple Wedges, Individually Wrapped 10 cal • Fresh Apple Slices 29 cal • Chicken Breast Strips 214 cal • Spicy Chicken Breast Strips 214 cal • Vegan, Chik'n Nuggets w/ Crackers 396 cal
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Beef Tacos 341 cal • Latin Style Black Beans w/ Brown Rice 103 cal • Salad, Caesar 107 cal • Salad, Vegan w/ Buffalo Fava Crisp 248 cal • Parfait, Blueberry w/ Cheese Stick 319 cal • Yogurt Parfait, Blueberry 446 cal • Crispy Chicken & Cheese Wrap 408 cal • Brown Rice 107 cal • Baked Potato 170 cal • Steamed Broccoli 49 cal • Tossed Salad 16 cal • w/ Romaine Lettuce & Grape Tomatoes 153 cal • Fresh Apple Slices 29 cal • Peach Cup 69 cal • Hamburger on Bun 369 cal • Cheeseburger on Bun 404 cal

Boneless Chicken Wings 215 cal • Pully Cheese Steak 297 cal • Vegan Bean & Green Chile Burrito 290 cal • Salad, Chicken 319 cal • Tenders 319 cal • Parfait, Strawberry w/ Cheese Stick 319 cal • Yogurt Parfait, Strawberry 446 cal • Crispy Chicken & Cheese Wrap 408 cal • Fresh Carrots & Celery 17 cal • Sticks 10 cal • Potato, Cajun Seasoned French Fries 304 cal • Tossed Salad 16 cal • w/ Romaine Lettuce & Grape Tomatoes 153 cal • Mashed Potatoes 110 cal • Pears, Cup 10 cal • Fresh Apples 60 cal • Baked Chicken Fillet on Bun 344 cal • Baked Spicy Chicken Fillet on Bun 344 cal • Dinner Roll 70 cal

Cheese Tortellini 399 cal • Meat Sauce 106 cal • Chicken Caesar Wrap 197 cal • Plant-Based Fiesta Wrap w/ Hummus 377 cal • Parfait, Blueberry w/ Cheese Stick 319 cal • Yogurt Parfait, Blueberry 446 cal • Salad, Caesar 107 cal • Crispy Chicken & Cheese Wrap 408 cal • Garlic Knots 109 cal • Steamed California Blend Vegetables 71 cal • Sweet Potato Wedges 10 cal • Tossed Salad 16 cal • w/ Romaine Lettuce & Grape Tomatoes 153 cal • Applesauce Cup 50 cal • Fresh Pears 73 cal

Chicken Popcorn 255 cal • Jamaican Beef Patty 227 cal • Vegan, Chik'n Nuggets w/ Crackers 377 cal • Salad, Chicken 319 cal • Tenders 319 cal • Parfait, Blueberry w/ Cheese Stick 319 cal • Yogurt Parfait, Blueberry 446 cal • Brown Rice 107 cal • Potato, Cajun Seasoned French Fries 304 cal • Tossed Salad 16 cal • w/ Romaine Lettuce & Grape Tomatoes 153 cal • Variety Juice 90 cal • Fresh Apples 60 cal • Baked Chicken Fillet on Bun 344 cal • Baked Spicy Chicken Fillet on Bun 344 cal • Plant-Based Fiesta Salad w/ Hummus 326 cal
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Chicken Teriyaki 245 cal • Korean BBQ Shredded Chicken on Bun 438 cal • Vegan, Chik'n Nuggets w/ Crackers 396 cal • Salad, Caesar 107 cal • Crispy Chicken & Cheese Wrap 408 cal • Vegetable Egg Roll 140 cal • 12-Min 153 cal • Steamed Broccoli 49 cal • Roasted Dill Carrots 51 cal • Tossed Salad 16 cal • w/ Romaine Lettuce & Grape Tomatoes 153 cal • Fresh Baby Carrots, Snack Pack 23 cal • Frozen Whole Fruit 77 cal • Fresh Apple Slices 29 cal • Chicken Breast Strips 214 cal • Spicy Chicken Breast Strips 214 cal
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Beef & Cheese Taco Crisp 360 cal • Jamaican Beef Patty 227 cal • Vegan Bean & Green Chile Burrito 290 cal • Parfait, Blueberry w/ Cheese Stick 319 cal • Yogurt Parfait, Blueberry 446 cal • Tenders 270 cal • Crispy Chicken & Cheese Wrap 408 cal • Combo Sub 109 cal • Plantains 283 cal • Black Beans 85 cal • Tossed Salad 16 cal • w/ Romaine Lettuce & Grape Tomatoes 153 cal • Applesauce Cup 50 cal • Fresh Sliced Orange 66 cal • Hamburger on Bun 369 cal • Cheeseburger on Bun 404 cal
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BBQ Chicken Wings 590 cal • Korean BBQ Chicken 592 cal • Chicken Caesar Wrap 197 cal • Latin Style Black Beans w/ Brown Rice 103 cal • Salad, Vegan w/ Buffalo Fava Crisp 248 cal • Parfait, Strawberry w/ Cheese Stick 319 cal • Yogurt Parfait, Strawberry 446 cal • Brown Rice 107 cal • Fresh Carrots & Celery 17 cal • Sticks 10 cal • Potato, Cajun Seasoned French Fries 304 cal • Tossed Salad 16 cal • w/ Romaine Lettuce & Grape Tomatoes 153 cal • Pears, Cup 10 cal • Fresh Apples 60 cal • Baked Chicken Fillet on Bun 344 cal • Baked Spicy Chicken Fillet on Bun 344 cal
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Baked Ziti 390 cal • Plant-Based Fiesta Wrap w/ Hummus 377 cal • Parfait, Blueberry w/ Cheese Stick 319 cal • Yogurt Parfait, Blueberry 446 cal • Salad, Chicken 319 cal • Salad, Vegan w/ Buffalo Fava Crisp 248 cal • Crispy Chicken & Cheese Wrap 408 cal • Garlic Breadsticks 110 cal • Roasted Zucchini, Yellow Squash Mix 48 cal • Tossed Salad 16 cal • w/ Romaine Lettuce & Grape Tomatoes 153 cal • Farm Fresh Green Beans 51 cal • Sweet Potato Wedges 10 cal • Fresh Apple Slices 29 cal • Mixed Fruit Cup 29 cal • Hamburger on Bun 369 cal • Cheeseburger on Bun 404 cal
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Chicken Popcorn 255 cal • Fish Patty on Bun 319 cal • Vegan, Chik'n Nuggets w/ Crackers 377 cal • Salad, Caesar 107 cal • Parfait, Strawberry w/ Cheese Stick 319 cal • Yogurt Parfait, Strawberry 446 cal • Crispy Chicken & Cheese Wrap 408 cal • Brown Rice 107 cal • Farm Fresh Corn Coblets 97 cal • Fresh Mini Sweet Peppers 13 cal • Tossed Salad 16 cal • w/ Romaine Lettuce & Grape Tomatoes 153 cal • Variety Juice 90 cal • Fresh Pears 73 cal • Baked Chicken Fillet on Bun 344 cal • Baked Spicy Chicken Fillet on Bun 344 cal

Served every day

• Tossed Salad w/ Romaine Lettuce & Sliced Tomatoes • Milk • Cheese Pizza • Pepperoni Pizza • Buffalo Chicken Pizza • Savory Herb Crackers