

Pompano Beach Middle

Lunch · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

- 5**
- Macaroni and Cheese** 312 cal
 - Buffalo Style Chicken Stuffed Sandwich 291 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 113 cal
 - Salad, Sliced Turkey & Cheese 241 cal
 - Soft Tortilla 91 cal
 - Brown Rice 148 cal
 - Savory Herb Crackers 90 cal
 - Street Corn 138 cal
 - Tossed Salad, w/Grape Tomatoes & Carrots, Shredde 17 cal
 - Frozen Rips 60 cal
 - Strawberry Kiwi

- 7**
- Boneless Chicken Wings** 215 cal
 - Spicy Chicken Breast Strips 214 cal
 - Parfait, Strawberry w/Cheese Stick 319 cal
 - Plant-Based Fiesta Salad w/ Hummus 326 cal
 - Mini Waffles 89 cal
 - Savory Herb Crackers 90 cal
 - Tater Tots 116 cal
 - Steamed California Blend Vegetables 71 cal
 - Fresh Apple Slices 29 cal

- 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

- 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

No menu published

- 13**
- Chicken Popcorn** 255 cal
 - Latin Style Black Beans w/ Brown Rice 113 cal
 - Brown Rice 148 cal
 - Fresh Mini Sweet Peppers 13 cal
 - Potato Smiles 130 cal
 - Pineapple Wedges, Individually Wrapped 50 cal

- 14**
- Chicken Wings** 562 cal
 - Honey BBQ Rib on Bun 351 cal
 - Salad, w/ Small Red Beans & Seeds 340 cal
 - Hawaiian Roll 129 cal
 - Savory Herb Crackers 90 cal
 - Farm Fresh Corn Cobettes 97 cal
 - Steamed Spinach 96 cal
 - Fresh Sliced Orange 66 cal
 - Korean BBQ Sauce 61 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
 - Woods 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
 - Salad, Egg & Cheese 247 cal
 - Savory Herb Crackers 90 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
 - Salad, w/ Small Red Beans & Seeds 340 cal
 - Savory Herb Crackers 90 cal
 - Potato Wedges 144 cal
 - Steamed Broccoli 49 cal
 - Fresh Sliced Orange 66 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 Cheesy 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 113 cal
 - Brown Rice 148 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
 - Salad, w/ Small Red Beans & Seeds 340 cal
 - Savory Herb Crackers 90 cal
 - Potato, Cajun Seasoned French Fries 104 cal
 - Baked Beans 150 cal
 - Fresh Pears 75 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
 - Frozen Whole Fruit Cup 77 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