

Monday

Tuesday

Wednesday

Thursday

Friday

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	
 Savory Herb Crackers 90 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	
 Parfait, Strawberry w/Cheese Stick 319 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	
 Fresh Apple Slices 29 cal	
 Fresh Sliced Orange 33 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	
 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	

12	
No menu published	

13	
 CHICKEN POPCORN 255 cal	
 Philly Cheese Steak Sub 304 cal	
 Latin Style Black Beans w/ Brown Rice 85 cal	
 Brown Rice 111 cal	
 Potato Smiles 130 cal	
 Roasted Carrots, Snack Pack 43 cal	
 Fresh Apples 68 cal	
 Applesauce Cup 50 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	
 Farm Fresh Corn Cobettes 97 cal	
 Steamed Spinach 96 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	
 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	
 Vegan, Chik'n Nuggets 224 cal	
 Fresh Banana (Ripe) 81 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	
 Woodsies 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 223 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	
 Fresh Apple Slices 29 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	

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 Apples 68 cal	
 Seasoned French Fries 61 cal	
 Fresh Sliced Orange 33 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.