

| Monday                                                                                                                                                                                                                                                                                                       | Tuesday                                                                                                                                                                                                                                                                                                                                                           | Wednesday                                                                                                                                                                                                                                                                                                           | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                 | Friday                                                                                                                                                                                                                                                    |
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|                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                     | <b>1</b><br><b>CHICKEN PARMESAN OVER PENNE PASTA</b> 399 cal<br>Chicken Caesar Wrap 397 cal<br>Hummus with Savory Herb Crackers 402 cal<br>Vegan, Chik'n Nuggets 280 cal<br>Garlic Breadsticks 110 cal<br>Fresh Baby Carrots, Snack Pack 23 cal<br>Tossed Salad, w/Grape Tomatoes & Carrots, Shredde 17 cal<br>Steamed Carrots 63 cal<br>Fresh Apple Slices 29 cal<br>Fresh Banana (Ripe) 161 cal                        | <b>2</b><br><b>GARLIC CHEESE PIZZA</b> 370 cal<br>Yogurt w/ Cheese & Crackers 387 cal<br>Vegan Bean & Green Chile Burrito 290 cal<br>Steamed California Blend Vegetables 71 cal<br>Steamed Broccoli 49 cal<br>Fruit Blend Juice 90 cal                    |
| <b>5</b><br><b>MACARONI AND CHEESE</b> 312 cal<br>Turkey & Beef Pepperoni Stuffed Sandwich 301 cal<br>Hummus with Savory Herb Crackers 402 cal<br>Garlic Breadsticks 110 cal<br>Sweet Potato Crinkle Cut Fries 169 cal<br>Black Beans 85 cal<br>Mixed Fruit Cup 80 cal                                       | <b>6</b><br><b>ARROZ CON POLLO</b> 312 cal<br>Latin Style Black Beans w/ Brown Rice 85 cal<br>Salad, Sliced Turkey & Cheese 217 cal<br>Soft Tortilla 91 cal<br>Brown Rice 111 cal<br>Savory Herb Crackers 90 cal<br>Street Corn 138 cal<br>Tossed Salad, w/Grape Tomatoes & Carrots, Shredde 17 cal<br>Steamed Corn 107 cal<br>Frozen Rips Strawberry Kiwi 60 cal | <b>7</b><br><b>BONELESS CHICKEN WINGS</b> 215 cal<br>Parfait, Blueberry w/Cheese Stick 313 cal<br>Plant-Based Fiesta Salad w/ Hummus 302 cal<br>Mini Waffles 89 cal<br>Savory Herb Crackers 90 cal<br>Tater Tots 116 cal<br>Steamed California Blend Vegetables 71 cal<br>Fresh Apples 68 cal                       | <b>8</b><br>No menu published                                                                                                                                                                                                                                                                                                                                                                                            | <b>9</b><br>No menu published                                                                                                                                                                                                                             |
| <b>12</b><br>No menu published                                                                                                                                                                                                                                                                               | <b>13</b><br><b>CHICKEN POPCORN</b> 204 cal<br>Philly Cheese Steak Sub 304 cal<br>Latin Style Black Beans w/ Brown Rice 85 cal<br>Brown Rice 111 cal<br>Potato Smiles 65 cal<br>Pineapple Wedges, Individually Wrapped 50 cal                                                                                                                                     | <b>14</b><br><b>BREADED CHICKEN DRUMSTICK</b> 442 cal<br>Honey BBQ Rib on Bun 351 cal<br>Plant-Based Fiesta Salad w/ Hummus 302 cal<br>Hawaiian Roll 129 cal<br>Savory Herb Crackers 90 cal<br>Farm Fresh Corn Cobettes 97 cal<br>Steamed Spinach 48 cal<br>Fresh Apple Slices 29 cal<br>Fresh Sliced Orange 33 cal | <b>15</b><br><b>CHEESE TORTELLINI</b> 199 cal<br>Meat Sauce 106 cal<br>Salad, Caesar 175 cal<br>Plant-Based Fiesta Wrap w/ Hummus 377 cal<br>Vegan, Chik'n Nuggets 224 cal<br>Munchies Munch Mix Snack Mix 110 cal<br>Tossed Salad, w/Grape Tomatoes & Carrots, Shredde 17 cal<br>Steamed California Blend Vegetables 35 cal<br>Fresh Apple Slices 29 cal<br>Fresh Banana (Ripe) 81 cal                                  | <b>16</b><br><b>PIZZA CRUNCHERS</b> 327 cal<br>Beef Hot Dog on Bun 308 cal<br>Vegan, Chik'n Nuggets w/ Crackers 396 cal<br>Baked Beans 150 cal<br>Fruit Blend Juice 90 cal                                                                                |
| <b>19</b><br><b>CHICKEN, TANGERINE</b> 186 cal<br>Turkey Ham & Cheese Melt 306 cal<br>Vegan, Chik'n Nuggets w/ Crackers 396 cal<br>Woodles Noodles 138 cal<br>Sweet Potato Wedges 153 cal<br>Mixed Vegetables 15 cal<br>Peach Cup 70 cal                                                                     | <b>20</b><br><b>BEEF &amp; CHEESE TACO CRISP</b> 360 cal<br>Vegan Bean & Green Chile Burrito 290 cal<br>Salad, Egg & Cheese 223 cal<br>Vegetable, Pepper & Onion Fajita Blend 44 cal<br>Black Beans 42 cal<br>Strawberry Applesauce Cup 70 cal<br>Applesauce Cup 50 cal                                                                                           | <b>21</b><br><b>BREADED CHICKEN FILLET ON BUN</b> 344 cal<br>Yogurt w/ Cheese & Crackers 387 cal<br>Vegan Salad, w/ Garbanzo Beans 324 cal<br>Vegan, Chik'n Nuggets 224 cal<br>Savory Herb Crackers 90 cal<br>Potato Wedges 144 cal<br>Steamed Broccoli 24 cal<br>Fresh Sliced Orange 33 cal                        | <b>22</b><br><b>BEEF A RONI</b> 182 cal<br>Grilled Cheese 284 cal<br>Vegan, Chik'n Nuggets w/ Crackers 396 cal<br>Garlic Breadsticks 110 cal<br>Tossed Salad, w/Grape Tomatoes & Carrots, Shredde 17 cal<br>Triple Berry Blast Veggie Edge 60 cal<br>Carrot Juice 60 cal<br>Fresh Apple Slices 29 cal<br>Fresh Banana (Ripe) 81 cal                                                                                      | <b>23</b><br><b>PULL APART CHEEZY BEEF PEPPERONI BREADSTICKS</b> 271 cal<br>Fish Patty on Bun 319 cal<br>Vegan Hummus and w/ Tortilla Round 370 cal<br>Fresh Sliced Cucumbers 11 cal<br>Sweet Potato Crinkle Cut Fries 85 cal<br>Fruit Blend Juice 90 cal |
| <b>26</b><br><b>CHICKEN TERIYAKI</b> 163 cal<br>Vegan, Chik'n Nuggets 280 cal<br>Korean BBQ Shredded Chicken on Bun 341 cal<br>Vegetable Egg Roll 140 cal<br>Lo Mein 133 cal<br>Roasted Farm Fresh Green Beans 40 cal<br>Mixed Vegetables 15 cal<br>Frozen Whole Fruit Cup 77 cal<br>Korean BBQ Sauce 61 cal | <b>27</b><br><b>MEXICAN PIZZA</b> 351 cal<br>Breaded Mozzarella Cheese Sticks 390 cal<br>Latin Style Black Beans w/ Brown Rice 85 cal<br>Brown Rice 56 cal<br>Sweet Potato Wedges 153 cal<br>Tossed Salad, w/Grape Tomatoes & Carrots, Shredde 17 cal<br>Steamed California Blend Vegetables 35 cal<br>Applesauce Cup 50 cal                                      | <b>28</b><br><b>CHEESEBURGER ON BUN</b> 404 cal<br>Baked Comdog 243 cal<br>Vegan Salad, w/ Garbanzo Beans 324 cal<br>Savory Herb Crackers 90 cal<br>Potato, Cajun Seasoned French Fries 104 cal<br>Baked Beans 150 cal<br>Seasoned French Fries 61 cal<br>Fresh Apples 68 cal<br>Fresh Sliced Orange 33 cal         | <b>29</b><br><b>CHICKEN PARMESAN OVER PENNE PASTA</b> 388 cal<br>Chicken Caesar Wrap 216 cal<br>Hummus with Savory Herb Crackers 402 cal<br>Vegan, Chik'n Nuggets 224 cal<br>Fresh Baby Carrots, Snack Pack 23 cal<br>Tossed Salad, w/Grape Tomatoes & Carrots, Shredde 17 cal<br>Steamed Carrots 31 cal<br>Smooth-Frozen SideKicks Theme Celebrations 75 cal<br>Fresh Apple Slices 29 cal<br>Fresh Banana (Ripe) 81 cal | <b>30</b><br><b>GARLIC CHEESE PIZZA</b> 370 cal<br>Yogurt w/ Cheese & Crackers 387 cal<br>Vegan Bean & Green Chile Burrito 290 cal<br>Steamed California Blend Vegetables 71 cal<br>Steamed Broccoli 24 cal<br>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.

MenuView