

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, 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 Sliced Orange	33 cal

8

No menu published

9

No menu published

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
 Fresh Mini Sweet Peppers	13 cal
 Tater Tots	58 cal
 Fresh Apple Slices	29 cal
 Peach Cup	70 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
 Fresh Baby Carrots, Snack Pack	23 cal
 Triple Berry Blast Veggie Edge	60 cal
 Fresh Apple Slices	29 cal
 Fresh Sliced Orange	33 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
 Triple Berry Blast Veggie Edge	60 cal
 Steamed California Blend Vegetables	35 cal
 Fresh Pineapple Spear	43 cal
 Vegan, Chik'n Nuggets	224 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
 Woodies 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
 Korean BBQ Sauce	61 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 Apple Slices	29 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.

MenuView