

Monday	Tuesday	Wednesday	Thursday	Friday
			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
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 66 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 Wheat Roll 78 cal Fresh Mini Sweet Peppers 13 cal Potato Smiles 130 cal Pineapple Wedges, Individually Wrapped 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 Farm Fresh Corn Cobettes 97 cal Steamed Spinach 96 cal Fresh Sliced Orange 66 cal	15 CHEESE TORTELLINI 199 cal Meat Sauce 106 cal Soy No-Nutbutter Sandwich w/ Cheese Stick 371 cal Plant-Based Fiesta Wrap w/ Hummus 377 cal Texas Garlic Toast 90 cal Steamed California Blend Vegetables 71 cal Steamed Broccoli 49 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 Woodles 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 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 Soy No-Nutbutter Sandwich w/ Sunflower Seeds 480 cal Potato Wedges 144 cal Steamed Broccoli 49 cal Fresh Apples 68 cal Applesauce Cup 50 cal Vegan, Chik'n Nuggets 224 cal	22 No menu published	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 Turkey & Cheese Sandwich 293 cal Savory Herb Crackers 90 cal Potato, Cajun Seasoned French Fries 104 cal Baked Beans 150 cal Fresh Baby Carrots, Snack Pack 23 cal Cool Tropics Berry Citrus Veggie Edge 60 cal Fresh Sliced Orange 66 cal Applesauce Cup 50 cal Seasoned French Fries 61 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.