

Monday

Tuesday

Wednesday

Thursday

Friday

5

-  **YOGURT W/ CHEESE & CRACKERS** 387 cal
-  Fresh Baby Carrots, Snack Pack 23 cal
-  Cool Tropics Berry Citrus Veggie Edge 60 cal
-  Mixed Fruit Cup 80 cal
-  Pineapple Tidbits Cup 60 cal

6

-  **TURKEY & BEEF PEPPERONI STUFFED SANDWICH** 301 cal
-  Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal
-  Fresh Mini Sweet Peppers 13 cal
-  Frozen Rips Strawberry Kiwi 60 cal
-  Peach Cup 70 cal

7

-  **TURKEY & CHEESE SUB** 322 cal
-  Fresh Celery Sticks 9 cal
-  Carrot Juice 60 cal
-  Peach Cup 70 cal
-  Fresh Apple Slices 29 cal

1

-  **GRILLED CHEESE** 284 cal
-  Carrot Juice 60 cal
-  Fresh Sliced Cucumbers 11 cal
-  Pears, Cup 70 cal
-  Applesauce Cup 50 cal

2

-  **YOGURT W/ SUNFLOWER SEEDS & CRACKERS** 496 cal
-  Cool Tropics Berry Citrus Veggie Edge 60 cal
-  Fresh Baby Carrots, Snack Pack 23 cal
-  Mixed Fruit Cup 80 cal
-  Cinnamon Applesauce Cup 50 cal
-  White Milk 110 cal

12

No menu published

13

-  **YOGURT W/ SUNFLOWER SEEDS & CRACKERS** 496 cal
-  Cool Tropics Berry Citrus Veggie Edge 60 cal
-  Fresh Baby Carrots, Snack Pack 23 cal
-  Frozen Rips Strawberry Kiwi 60 cal
-  Peach Cup 70 cal

14

-  **TURKEY & CHEESE SUB** 322 cal
-  Fresh Baby Carrots, Snack Pack 23 cal
-  Carrot Juice 60 cal
-  Peach Cup 70 cal
-  Fresh Apple Slices 29 cal

15

-  **VEGAN SALAD, W/ CHIK'N NUGGETS** 336 cal
-  Savory Herb Crackers 90 cal
-  Fresh Baby Carrots, Snack Pack 23 cal
-  Fresh Mini Sweet Peppers 13 cal
-  Pears, Cup 70 cal
-  Pineapple Wedges, Individually Wrapped 50 cal

16

-  **YOGURT W/ CHEESE & CRACKERS** 387 cal
-  Cool Tropics Berry Citrus Veggie Edge 60 cal
-  Fresh Celery Sticks 14 cal
-  Mixed Fruit Cup 80 cal
-  Strawberry Applesauce Cup 70 cal

19

-  **YOGURT W/ CHEESE & CRACKERS** 387 cal
-  Carrot Juice 60 cal
-  Fresh Baby Carrots, Snack Pack 23 cal
-  Mixed Fruit Cup 80 cal
-  Pineapple Tidbits Cup 60 cal

20

-  **GRILLED CHEESE** 284 cal
-  Fresh Celery Sticks 9 cal
-  Cool Tropics Berry Citrus Veggie Edge 60 cal
-  Peach Cup 70 cal
-  Fresh Banana (Ripe) 161 cal

21

-  **TURKEY & CHEESE SUB** 322 cal
-  Fresh Mini Sweet Peppers 13 cal
-  Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal
-  Peach Cup 70 cal
-  Fresh Apple Slices 29 cal

22

-  **JAMAICAN BEEF PATTY** 227 cal
-  Black Beans 96 cal
-  Fresh Sliced Cucumbers 11 cal
-  Pears, Cup 70 cal
-  Fresh Apple Slices 29 cal

23

-  **YOGURT W/ CHEESE & CRACKERS** 387 cal
-  Fresh Mini Sweet Peppers 13 cal
-  Cool Tropics Berry Citrus Veggie Edge 60 cal
-  Mixed Fruit Cup 80 cal
-  Pineapple Tidbits Cup 60 cal

26

-  **YOGURT W/ CHEESE & CRACKERS** 387 cal
-  Fresh Baby Carrots, Snack Pack 23 cal
-  Cool Tropics Berry Citrus Veggie Edge 60 cal
-  Mixed Fruit Cup 80 cal
-  Pineapple Tidbits Cup 60 cal

27

-  **HAMBURGER ON BUN** 369 cal
-  Fresh Celery Sticks 9 cal
-  Corn 69 cal
-  Frozen Rips Strawberry Kiwi 60 cal
-  Peach Cup 70 cal

28

-  **TURKEY & CHEESE SUB** 322 cal
-  Fresh Mini Sweet Peppers 13 cal
-  Fresh Baby Carrots, Snack Pack 23 cal
-  Peach Cup 70 cal
-  Fresh Apple Slices 29 cal

29

-  **VEGAN SALAD, W/ CHIK'N NUGGETS** 336 cal
-  Savory Herb Crackers 90 cal
-  Black Beans 96 cal
-  Fresh Sliced Cucumbers 11 cal
-  Pears, Cup 70 cal
-  Fresh Apple Slices 29 cal

30

-  **YOGURT W/ CHEESE & CRACKERS** 387 cal
-  Fresh Mini Sweet Peppers 13 cal
-  Carrot Juice 60 cal
-  Mixed Fruit Cup 80 cal
-  Peach Cup 70 cal

Served every day:



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.