

Monday

Tuesday

Wednesday

Thursday

Friday

5 CHICKEN, GENERAL TSO'S 211 cal - Vegan, Chik'n Nuggets w/ Crackers 377 cal - Yogurt Parfait, Strawberry 446 cal - Brown Rice 222 cal - Peas and Carrots Blend Vegetables 91 cal - Sweet Potato Crinkle Cut Fries 169 cal - Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal - Fresh Cucumbers with Carrots 21 cal - Mixed Fruit Cup 80 cal - Fresh Apple Slices 29 cal	6 MEXICAN PIZZA 351 cal - Latin Style Black Beans w/ Brown Rice 113 cal - Salad, Vegan w/ Buffalo Fava Crisp 248 cal - Breaded Breast Fillet Salad 270 cal - Brown Rice 222 cal - Black Beans 85 cal - Seasoned French Fries 121 cal - Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal - Fresh Zucchini and Yellow Squash Salad 15 cal - Fresh Baby Carrots, Snack Pack 23 cal - Frozen Rips Strawberry Kiwi 60 cal - Fresh Banana (Ripe) 161 cal	7 HOKE POKE CHICKEN, GENERAL TSO'S 211 cal - Chicken Caesar Wrap 397 cal - Salad, Caesar 187 cal - Salad, Vegan w/ Buffalo Fava Crisp 248 cal - Yogurt Parfait, Strawberry 446 cal - Woodles Noodles 277 cal - Steamed Corn 87 cal - Fresh Sliced Cucumbers 11 cal - Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal - Black Beans 96 cal - Fresh Apple Slices 29 cal - Pears, Cup 70 cal	8 No menu published	9 No menu published
12 No menu published	13 BURRITO BOWL 347 cal - Fish Patty on Bun 319 cal - Yogurt Parfait, Strawberry 446 cal - Tortilla Scoop Chips 110 cal - Street Corn 146 cal - Black Beans 85 cal - Fresh Zucchini and Yellow Squash Salad 15 cal - Fresh Baby Carrots, Snack Pack 23 cal - Strawberry Applesauce Cup 70 cal - Fresh Honeydew 36 cal	14 KOREAN BBQ CHICKEN WINGS 740 cal - Plant-Based Fiesta Wrap w/ Hummus 377 cal - Salad, Caesar 187 cal - Yogurt Parfait, Strawberry 446 cal - Breaded Onion Rings 180 cal - Fresh Carrots & Celery Sticks 17 cal - Potato, Cajun Seasoned French Fries 104 cal - Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal - Black Beans 96 cal - Pears, Cup 70 cal - Fresh Apples 68 cal	15 BEEF A RONI 364 cal - Chicken Caesar Wrap 216 cal - Vegan Bean & Green Chile Burrito 290 cal - Breaded Breast Fillet Salad 270 cal - Hawaiian Roll 129 cal - Steamed Broccoli 49 cal - Sweet Potato Wedges 153 cal - Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal - Fresh Baby Carrots, Snack Pack 23 cal - Fresh Apple Slices 29 cal - Mixed Fruit Cup 80 cal - Fresh, Cara Cara Oranges 80 cal	16 BROWARD BOWL 578 cal - Vegan, Chik'n Nuggets w/ Crackers 396 cal - Salad, Caesar 187 cal - Yogurt Parfait, Strawberry 446 cal - Steamed California Blend Vegetables 71 cal - Fresh Mini Sweet Peppers 13 cal - Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal - Fresh Baby Carrots, Snack Pack 23 cal - Seasoned French Fries 121 cal - Variety Juice 90 cal - Fresh Pineapple Spear 43 cal
19 BEEF & BROCCOLI 267 cal - Yogurt Parfait, Strawberry 446 cal - Brown Rice 222 cal - Roasted Farm Fresh Green Beans 40 cal - Sweet Potato Crinkle Cut Fries 169 cal - Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal - Fresh Baby Carrots, Snack Pack 23 cal - Pineapple Wedges, Individually Wrapped 50 cal - Fresh Apples 68 cal	20 LATIN STYLE BLACK BEANS W/ BROWN RICE 113 cal - Tortilla Chips 200 cal - Soft Tortilla 182 cal - Brown Rice 222 cal - Baked Potato 170 cal - Black Beans 85 cal - Steamed Broccoli 49 cal - Tossed Salad w/Romaine Lettuce & Diced Tomatoes 15 cal - Fresh Broccoli & Cucumber Salad 11 cal - Fresh Apple Slices 29 cal - Peach Cup 70 cal	21 BONELESS CHICKEN WINGS 215 cal - Vegan Bean & Green Chile Burrito 290 cal - Yogurt Parfait, Strawberry 446 cal - Salad, Chicken Tenders 270 cal - Brown Rice 222 cal - Fresh Carrots & Celery Sticks 17 cal - Potato, Cajun Seasoned French Fries 104 cal - Fresh Grape Tomato Salad 15 cal - Pears, Cup 70 cal	22 CHEESE TORTELLINI 265 cal - Meat Sauce 106 cal - Chicken Caesar Wrap 216 cal - Plant-Based Fiesta Wrap w/ Hummus 377 cal - Hamburger on Bun 369 cal - Cheeseburger on Bun 404 cal - Hawaiian Roll 129 cal - Steamed California Blend Vegetables 71 cal - Sweet Potato Wedges 153 cal - Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal - Fresh Zucchini and Yellow Squash Salad 15 cal - Applesauce Cup 50 cal	23 CHICKEN POPCORN 255 cal - Yogurt Parfait, Strawberry 446 cal - Brown Rice 222 cal - Potato, Cajun Seasoned French Fries 104 cal - Roasted Butternut Squash 82 cal - Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal - Black Beans 96 cal - Variety Juice 90 cal
26 CHICKEN TERIYAKI 245 cal - Vegan, Chik'n Nuggets w/ Crackers 396 cal - Yogurt Parfait, Strawberry 446 cal - Vegetable Egg Roll 140 cal - Lo Mein 265 cal - Steamed Broccoli 49 cal - Roasted Dill Carrots 51 cal - Tossed Salad w/Romaine Lettuce & Diced Tomatoes 15 cal - Fresh Baby Carrots, Snack Pack 23 cal - Frozen Whole Fruit Cup 77 cal	27 JAMAICAN BEEF PATTY 227 cal - Vegan Bean & Green Chile Burrito 290 cal - Yogurt Parfait, Strawberry 446 cal - Plantains 283 cal - Black Beans 85 cal - Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal - Fresh Broccoli & Cucumber Salad 11 cal - Applesauce Cup 50 cal	28 KOREAN BBQ CHICKEN WINGS 740 cal - Chicken Caesar Wrap 216 cal - Latin Style Black Beans w/ Brown Rice 113 cal - Brown Rice 222 cal - Fresh Carrots & Celery Sticks 17 cal - Potato, Cajun Seasoned French Fries 104 cal - Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal - Black Beans 96 cal - Pears, Cup 70 cal	29 BAKED ZITI 390 cal - Plant-Based Fiesta Wrap w/ Hummus 377 cal - Yogurt Parfait, Strawberry 446 cal - Garlic Breadsticks 110 cal - Roasted Zucchini, Yellow Squash Mix 48 cal - Sweet Potato Crinkle Cut Fries 169 cal - Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal - Fresh Apple Slices 29 cal - Mixed Fruit Cup 80 cal	30 CHICKEN POPCORN 255 cal - Vegan, Chik'n Nuggets w/ Crackers 396 cal - Yogurt Parfait, Strawberry 446 cal - Brown Rice 222 cal - Farm Fresh Corn Cobettes 97 cal - Fresh Mini Sweet Peppers 13 cal - Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal - Black Beans 96 cal - Variety Juice 90 cal