

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	66 cal

1	
CHICKEN PARMESAN OVER PENNE PASTA	399 cal
Chicken Caesar Wrap	397 cal
Hummus with Savory Herb Crackers	402 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

12	
No menu published	

13	
CHICKEN POPCORN	255 cal
Philly Cheese Steak Sub	304 cal
Latin Style Black Beans w/ Brown Rice	85 cal
Yogurt w/ Cheese & Crackers	387 cal
Brown Rice	111 cal
Fresh Mini Sweet Peppers	13 cal
Tater Tots	58 cal
Fresh Apples	68 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
Baked Corn dog	243 cal
Garlic Cheese Pizza	370 cal
Hawaiian Roll	129 cal
Savory Herb Crackers	90 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
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
Steamed California Blend Vegetables	71 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
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 Sliced Orange	66 cal
Vegan, Chik'n Nuggets	224 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 Corn dog	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 Sliced Orange	66 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.

MenuViewer