

Taravella , J.p. High

Lunch · October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
5 Chicken, General Tso's Chicken Tender Sub 446 cal Spicy Chicken Tender Sub 446 cal Vegan, Chik'n Nuggets w/ Crackers 377 cal Salad, Caesar 187 cal Vegan Salad, w/ Chik'n Nuggets 316 cal Brown Rice 222 cal Peas and Carrots Blend 95 cal Sweet Potato Crinkle Cut Fries 109 cal Fresh Cucumbers with Carrots 21 cal Mixed Fruit Cup 80 cal Fresh Apples 68 cal Breaded Chicken Fillet on Bun 363 cal Breaded Spicy Chicken Fillet on Bun 363 cal Four Meat Pizza 371 cal	6 Mexican Pizza 351 cal Latin Style Black Beans w/ Brown Rice 113 cal Salad, Caesar 439 cal Salad, Caesar 187 cal Salad, Vegan w/ Buffalo Fava Crisp 248 cal Yogurt Parfait, Strawberry 407 cal Arroz con Pollo 222 cal Brown Rice 85 cal Black Beans 85 cal Seasoned French Fries 121 cal Fresh Zucchini and Yellow Squash Salad 15 cal Fresh Baby Carrots, Snack Pack 23 cal Frozen Rips Strawberry Kiwi 80 cal Fresh Peas 75 cal Hamburger on Bun 369 cal Cheeseburger on Bun 404 cal Buffalo Chicken Pizza 379 cal	7 Hoke Poke Chicken, General Tso's 231 cal Chicken Caesar Wrap 397 cal Vegan Bean & Green Chile Burrito 290 cal Plant-Based Fiesta Salad w/ Hummus 326 cal Salad, Caesar 187 cal Wootles Noodles 187 cal Steamed Corn 87 cal Fresh Sliced Cucumbers 11 cal Fresh Grape Tomato Salad 15 cal Fresh Apple Slices 29 cal Peas, Cup 70 cal Chicken Breast Strips 234 cal Spicy Chicken Breast Strips 234 cal Four Meat Pizza 371 cal	8 No menu published	9 No menu published
12 No menu published	13 Burrito Bowl 347 cal Fish Patty on Bun 379 cal Latin Style Black Beans w/ Brown Rice 113 cal Yogurt Parfait, Strawberry 446 cal Salad, Vegan w/ Buffalo Fava Crisp 248 cal Salad, Egg & Cheese 248 cal Tortilla Scoop Clips 107 cal Brown Rice 222 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 75 cal Fresh Banana (Ripe) 96 cal Hamburger on Bun 369 cal Cheeseburger on Bun 404 cal Buffalo Chicken Pizza 379 cal	14 Chicken Wings 703 cal Salad, Sliced Turkey & Cheese 241 cal Fava Bean Crisps w/ Savory Crackers 424 cal Breaded Onion Rings 180 cal Fresh Carrots & Celery 17 cal Potato, Cajun Seasoned French Fries 304 cal Black Beans 96 cal Peas, Cup 70 cal Sweet Potato Wedges 153 cal Broccoli (Cold) 25 cal Breaded Chicken Fillet on Bun 364 cal Breaded Spicy Chicken Fillet on Bun 364 cal Chicken Breast Strips 234 cal Spicy Chicken Breast Strips 234 cal Four Meat Pizza 371 cal	15 Beef A Roni 364 cal Chicken Caesar Wrap 216 cal Vegan Bean & Green Chile Burrito 290 cal Salad, Chef 287 cal Salad, Vegan w/ Buffalo Fava Crisp 248 cal Yogurt Parfait, Strawberry 439 cal Hawaiian Roll 129 cal Steamed Broccoli 49 cal Mixed Fruit Cup 80 cal Sweet Potato Wedges 153 cal Broccoli (Cold) 25 cal Fresh Baby Carrots, Snack Pack 23 cal Fresh Apple Slices 29 cal Mixed Fruit Cup 80 cal Hamburger on Bun 369 cal Cheeseburger on Bun 404 cal Mini Chicken Fillet Slider on Hawaiian Roll 481 cal Buffalo Chicken Pizza 379 cal Plant-Based Fiesta Salad w/ Hummus 326 cal	16 Brown Spicy Bowl 578 cal Brown Bowl 578 cal Vegan, Chik'n Nuggets w/ Crackers 396 cal Salad, Caesar 187 cal Salad, Vegan w/ Buffalo Fava Crisp 248 cal Steamed California Blend Vegetables 71 cal Fresh Mini Sweet Peppers 15 cal Fresh Baby Carrots, Snack Pack 23 cal Variety Juice 90 cal Fresh Banana (Ripe) 96 cal Breaded Chicken Fillet on Bun 364 cal Breaded Spicy Chicken Fillet on Bun 363 cal Four Meat Pizza 371 cal
19 Beef & Broccoli 287 cal Chicken Tender Sub 446 cal Spicy Chicken Tender Sub 446 cal Salad, Vegan w/ Buffalo Fava Crisp 248 cal Brown Rice 222 cal Roasted Farm Fresh Green Beans 48 cal Sweet Potato Crinkle Cut Fries 109 cal Fresh Baby Carrots, Snack Pack 23 cal Pineapple Wedges, Individually Wrapped 50 cal Fresh Apple Slices 29 cal Breaded Chicken Fillet on Bun 364 cal Breaded Spicy Chicken Fillet on Bun 363 cal Four Meat Pizza 371 cal Vegan, Chik'n Nuggets w/ Crackers 396 cal	20 Latin Style Black Beans w/ Brown Rice 113 cal Salad, Caesar 187 cal Salad, Vegan w/ Buffalo Fava Crisp 248 cal Yogurt Parfait, Pineapple 522 cal Brown Rice 222 cal Baked Potato 170 cal Black Beans 85 cal Steamed Broccoli 49 cal Fresh Broccoli & Cucumber Salad 71 cal Fresh Apple Slices 29 cal Peach Cup 50 cal Hamburger on Bun 369 cal Cheeseburger on Bun 404 cal Mini Chicken Fillet Slider on Hawaiian Roll 481 cal Buffalo Chicken Pizza 379 cal	21 Boneless Chicken Wings 215 cal Vegan Bean & Green Chile Burrito 290 cal Salad, Chef 287 cal Salad, Vegan w/ Buffalo Fava Crisp 248 cal Fresh Carrots & Celery 17 cal Potato, Cajun Seasoned French Fries 304 cal Fresh Grape Tomato Salad 15 cal Peas, Cup 70 cal Fresh Apple Slices 29 cal Breaded Chicken Fillet on Bun 364 cal Breaded Spicy Chicken Fillet on Bun 363 cal Chicken Breast Strips 234 cal Spicy Chicken Breast Strips 234 cal Four Meat Pizza 371 cal Dinner Roll 70 cal	22 Cheese Tortellini 265 cal Meat Sauce 326 cal Chicken Caesar Wrap 216 cal Plant-Based Fiesta Wrap w/ Hummus 377 cal Salad, Vegan w/ Buffalo Fava Crisp 248 cal Salad, Sliced Turkey & Cheese 241 cal Yogurt Parfait, Strawberry 446 cal Hawaiian Roll 129 cal Steamed California Blend Vegetables 71 cal Sweet Potato Wedges 153 cal Tossed Salad w/ Romaine Lettuce & Diced Tomatoes 248 cal Fresh Zucchini and Yellow Squash Salad 15 cal Applesauce Cup 50 cal Fresh Banana (Ripe) 96 cal Buffalo Chicken Pizza 379 cal	23 Jamaican Beef Patty 227 cal Vegan, Chik'n Nuggets w/ Crackers 396 cal Salad, Vegan w/ Buffalo Fava Crisp 248 cal Salad, Caesar 187 cal Potato, Cajun Seasoned French Fries 304 cal Roasted Butternut Squash 82 cal Black Beans 95 cal Variety Juice 90 cal Fresh Pineapple Spear 43 cal Breaded Chicken Fillet on Bun 364 cal Breaded Spicy Chicken Fillet on Bun 363 cal Four Meat Pizza 371 cal
26 Chicken Teriyaki 245 cal Vegan, Chik'n Nuggets w/ Crackers 396 cal Salad, Chef 287 cal Salad, Vegan w/ Buffalo Fava Crisp 248 cal Vegetable Egg Roll 140 cal Lo Mein 265 cal Steamed Broccoli 49 cal Roasted Dill Carrots 51 cal Fresh Baby Carrots, Snack Pack 23 cal Frozen Whole Fruit Cup 77 cal Fresh Pineapple 50 cal Breaded Chicken Fillet on Bun 364 cal Breaded Spicy Chicken Fillet on Bun 363 cal Chicken Breast Strips 234 cal Spicy Chicken Breast Strips 234 cal Four Meat Pizza 371 cal	27 Beef & Cheese Taco Crisp 360 cal Vegan Bean & Green Chile Burrito 290 cal Salad, Caesar 187 cal Salad, Vegan w/ Buffalo Fava Crisp 248 cal Yogurt Parfait, Blueberry 439 cal Plantains 283 cal Black Beans 85 cal Fresh Broccoli & Cucumber Salad 71 cal Applesauce Cup 50 cal Fresh Sliced Orange 11 cal Hamburger on Bun 369 cal Cheeseburger on Bun 404 cal Mini Chicken Fillet Slider on Hawaiian Roll 481 cal Buffalo Chicken Pizza 379 cal	28 Chicken Wings 703 cal BBQ Chicken Wings 717 cal Cajun Seasoned Chicken Wings 709 cal Chicken Caesar Wrap 216 cal Latin Style Black Beans w/ Brown Rice 113 cal Salad, Chef 287 cal Chicken Caesar Wrap 216 cal Brown Rice 222 cal Fresh Carrots & Celery 17 cal Potato, Cajun Seasoned French Fries 304 cal Fresh Grape Tomato Salad 15 cal Peas, Cup 70 cal Fresh Apple Slices 29 cal Breaded Spicy Chicken Fillet on Bun 363 cal Breaded Chicken Fillet on Bun 364 cal Chicken Breast Strips 234 cal Spicy Chicken Breast Strips 234 cal Four Meat Pizza 371 cal Dinner Roll 70 cal	29 Baked Ziti 390 cal Plant-Based Fiesta Wrap w/ Hummus 377 cal Salad, Caesar 187 cal Salad, Vegan w/ Buffalo Fava Crisp 248 cal Yogurt Parfait, Strawberry 446 cal Applesauce Cup 50 cal Hamburger on Bun 369 cal Cheeseburger on Bun 404 cal	30 Chicken Popcorn 255 cal Fish Patty on Bun 379 cal Vegan, Chik'n Nuggets w/ Crackers 396 cal Brown Rice 222 cal Fresh Mini Sweet Peppers 15 cal Fresh Grape Tomato Salad 15 cal Variety Juice 90 cal Fresh Apple Slices 29 cal Breaded Chicken Fillet on Bun 364 cal Breaded Spicy Chicken Fillet on Bun 363 cal

Served every day
 Tossed Salad w/ Romaine Lettuce & Sliced Tomatoes • Milk • Cheese Pizza • Pepperoni Pizza • Savory Herb Crackers

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.

Medical literature