

Monday

Tuesday

Wednesday

Thursday

Friday

5	
MACARONI AND CHEESE 312 cal	
Buffalo Style Chicken Stuffed Sandwich 291 cal	
Hummus with Savory Herb Crackers 402 cal	
Wild White Nacho Dorito Chips 130 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 113 cal	
Salad, Sliced Turkey & Cheese 241 cal	
Soft Tortilla 91 cal	
Brown Rice 148 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	

7	
BONELESS CHICKEN WINGS 215 cal	
Spicy Chicken Breast Strips 214 cal	
Parfait, Strawberry w/Cheese Stick 319 cal	
Mini Waffles 89 cal	
Tater Tots 116 cal	
Steamed California Blend Vegetables 71 cal	
Fresh Apple Slices 29 cal	

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	

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 Melt 304 cal	
Latin Style Black Beans w/ Brown Rice 113 cal	
Brown Rice 148 cal	
Tater Tots 116 cal	
Fresh Apple Slices 29 cal	
Peach Cup 70 cal	

14	
CHICKEN WINGS 562 cal	
Honey BBQ Rib on Bun 351 cal	
Plant-Based Fiesta Salad w/ Hummus 326 cal	
Hawaiian Roll 129 cal	
Savory Herb Crackers 90 cal	
Farm Fresh Corn Cobettes 97 cal	
Steamed Spinach 96 cal	
Fresh Apple Slices 29 cal	

15	
CHEESE TORTELLINI 199 cal	
Meat Sauce 106 cal	
Salad, Caesar 187 cal	
Garlic Breadsticks 110 cal	
Tossed Salad, w/Grape Tomatoes & Carrots, Shredde 17 cal	
Steamed California Blend Vegetables 71 cal	
Fresh Apple Slices 29 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 247 cal	
Savory Herb Crackers 90 cal	
Vegetable, Pepper & Onion Fajita Blend 44 cal	
Black Beans 85 cal	
Strawberry Applesauce Cup 70 cal	

21	
BREADED CHICKEN FILLET ON BUN 344 cal	
Yogurt w/ Cheese & Crackers 387 cal	
Potato Wedges 144 cal	
Steamed Broccoli 49 cal	
Fresh Apple Slices 29 cal	

22	
BEEF A RONI 205 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	

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 113 cal	
Brown Rice 148 cal	
Sweet Potato Wedges 153 cal	
Tossed Salad, w/Grape Tomatoes & Carrots, Shredde 17 cal	
Applesauce Cup 50 cal	

28	
CHEESEBURGER ON BUN 404 cal	
Baked Corndog 243 cal	
Vegan Salad w/ Garbanzo Beans 347 cal	
Savory Herb Crackers 90 cal	
Potato, Cajun Seasoned French Fries 104 cal	
Baked Beans 150 cal	
Fresh Apple Slices 29 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	

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

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.

MealViewer