

Monday
Tuesday
Wednesday
Thursday
Friday

CHICKEN, GENERAL TSO'S 211 cal
Chicken Tender Sub 446 cal
Vegan, Chik'n Nuggets w/ Crackers 377 cal
Brown Rice 222 cal
Peas and Carrots Blend 91 cal
Sweet Potato Crinkle Cut Fries 369 cal
Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal
Fresh Cucumbers with Carrots 21 cal
Mixed Fruit Cup 80 cal
Fresh Sliced Orange 66 cal
Dinner Roll 70 cal
Savory Herb Crackers 90 cal
Four Meat Pizza 371 cal
Breaded Chicken Fillet on Bun 344 cal
Breaded Spicy Chicken Fillet on Bun 363 cal

ARROZ CON POLLO 467 cal
Mexican Pizza 351 cal
Latin Style Black Beans w/ Brown Rice 113 cal
Brown Rice 222 cal
Black Beans 85 cal
Seasoned French Fries 121 cal
Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal
Fresh Zucchini and Yellow Squash Salad 15 cal
Fresh Baby Carrots, Snack Pack 23 cal
Frozen Rips Strawberry Kiwi 60 cal
Fresh Apples 68 cal
Dinner Roll 70 cal
Savory Herb Crackers 90 cal
Buffalo Chicken Pizza 379 cal
Hamburger on Bun 369 cal
Cheeseburger on Bun 404 cal

HOKE POKE CHICKEN, GENERAL TSO'S 211 cal
Chicken Caesar Wrap 397 cal
Vegan Bean & Green Chile Burrito 290 cal
Woodsley Noodles 277 cal
Steamed Corn 107 cal
Fresh Sliced Cucumbers 11 cal
Fresh Grape Tomato Salad 15 cal
Tossed Salad w/Romaine Lettuce & Diced Tomatoes 16 cal
Fresh Apple Slices 29 cal
Pears, Cup 70 cal
Savory Herb Crackers 90 cal
Breaded Chicken Fillet on Bun 344 cal
Breaded Spicy Chicken Fillet on Bun 363 cal

BAKED ZITI 390 cal
Chicken Tender Sub 446 cal
Plant-Based Fiesta Wrap w/ Hummus 377 cal
Garlic Breadsticks 110 cal
Roasted Zucchini, Yellow Squash Mix 48 cal
Sweet Potato Crinkle Cut Fries 369 cal
Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal
Farm Fresh Green Beans 51 cal
Fresh Apple Slices 29 cal
Mixed Fruit Cup 80 cal
Dinner Roll 70 cal
Savory Herb Crackers 90 cal
Buffalo Chicken Pizza 379 cal
Hamburger on Bun 369 cal
Cheeseburger on Bun 404 cal

CHICKEN POPCORN 255 cal
Jamaican Beef Patty 227 cal
Vegan, Chik'n Nuggets w/ Crackers 377 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
Fresh Grape Tomato Salad 15 cal
Variety Juice 90 cal
Fresh Apples 68 cal
Plant-Based Fiesta Salad w/ Hummus 326 cal
Dinner Roll 70 cal
Savory Herb Crackers 90 cal
Four Meat Pizza 371 cal
Breaded Chicken Fillet on Bun 344 cal
Breaded Spicy Chicken Fillet on Bun 363 cal

No menu published

BURRITO BOWL 347 cal
Salad, Caesar 187 cal
Fish, Sticks w/ Corn Popper 377 cal
Three Bean Chili 261 cal
Tortilla Scoop Chips 110 cal
Street Corn 146 cal
Fresh Baby Carrots, Snack Pack 23 cal
Latin Style Red Beans 136 cal
Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal
Strawberry Applesauce 70 cal
Cup 80 cal
Fresh Sliced Orange 66 cal
Pineapple Wedges, Individually Wrapped 50 cal
Savory Herb Crackers 90 cal
Buffalo Chicken Pizza 379 cal
Hamburger on Bun 369 cal
Cheeseburger on Bun 404 cal

KOREAN BBQ CHICKEN WINGS 740 cal
Chicken Tender Sub 446 cal
Salad, w/ Small Red Beans & Seeds 240 cal
Breaded Onion Rings 180 cal
Fresh Carrots & Celery 17 cal
Sticks 104 cal
Potato, Cajun Seasoned French Fries 104 cal
Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal
Pears, Cup 70 cal
Variety Fresh Fruit 2481 cal
Savory Herb Crackers 90 cal
Breaded Chicken Fillet on Bun 344 cal
Breaded Spicy Chicken Fillet on Bun 363 cal

BEEF A RONI 364 cal
Chicken Caesar Wrap 397 cal
Vegan Bean & Green Chile Burrito 290 cal
Hawaiian Roll 129 cal
Steamed Broccoli 49 cal
Sweet Potato Wedges 153 cal
Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 16 cal
Broccoli (Cold) 28 cal
Fresh Baby Carrots, Snack Pack 23 cal
Mixed Fruit Cup 80 cal
Fresh Pears 75 cal
Savory Herb Crackers 90 cal
Buffalo Chicken Pizza 379 cal
Hamburger on Bun 369 cal
Cheeseburger on Bun 404 cal

BROWARD SPICY BOWL 578 cal
Vegan, Chik'n Nuggets w/ Crackers 377 cal
Turkey Ham & Cheese Melt 349 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
Variety Juice 90 cal
Fresh Banana (Ripe) 161 cal
Breaded Chicken Fillet on Bun 344 cal
Breaded Spicy Chicken Fillet on Bun 363 cal

BEEF & BROCCOLI 267 cal
Chicken Tender Sub 446 cal
Brown Rice 222 cal
Roasted Farm Fresh Green Beans 91 cal
Sweet Potato Crinkle Cut Fries 369 cal
Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal
Fresh Baby Carrots, Snack Pack 23 cal
Pineapple Wedges, Individually Wrapped 50 cal
Variety Fresh Fruit 2481 cal
Vegan, Chik'n Nuggets w/ Crackers 396 cal
Four Meat Pizza 371 cal
Breaded Chicken Fillet on Bun 344 cal
Breaded Spicy Chicken Fillet on Bun 363 cal

LATIN STYLE BLACK BEANS W/ BROWN RICE 113 cal
Yogurt Parfait w/ Strawberry 228 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 & Sliced Tomatoes 16 cal
Fresh Broccoli & Cucumber Salad 15 cal
Peach Cup 70 cal
Fresh Sliced Orange 66 cal
Savory Herb Crackers 90 cal
Buffalo Chicken Pizza 379 cal
Hamburger on Bun 369 cal
Cheeseburger on Bun 404 cal

BONELESS CHICKEN WINGS 215 cal
Philly Cheese Steak 297 cal
Sub 290 cal
Vegan Bean & Green Chile Burrito 290 cal
Brown Rice 222 cal
Fresh Carrots & Celery 17 cal
Potato, Cajun Seasoned French Fries 104 cal
Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal
Fresh Grape Tomato Salad 15 cal
Pears, Cup 70 cal
Savory Herb Crackers 90 cal
Four Meat Pizza 371 cal
Breaded Chicken Fillet on Bun 344 cal
Breaded Spicy Chicken Fillet on Bun 363 cal

CHEESE TORTELLINI 265 cal
Meat Sauce 106 cal
Chicken Caesar Wrap 397 cal
Plant-Based Fiesta Wrap w/ Hummus 377 cal
Hawaiian Roll 129 cal
Steamed California Blend Vegetables 71 cal
Sweet Potato Wedges 153 cal
Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 16 cal
Fresh Zucchini and Yellow Squash Salad 15 cal
Applesauce Cup 50 cal
Fresh Apples 68 cal
Savory Herb Crackers 90 cal
Buffalo Chicken Pizza 379 cal

CHICKEN POPCORN 255 cal
Jamaican Beef Patty 227 cal
Vegan, Chik'n Nuggets w/ Crackers 377 cal
Brown Rice 222 cal
Potato, Cajun Seasoned French Fries 104 cal
Roasted Butternut Squash 92 cal
Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal
Black Beans 96 cal
Variety Juice 90 cal
Fresh Banana (Ripe) 161 cal
Plant-Based Fiesta Salad w/ Hummus 326 cal
Savory Herb Crackers 90 cal
Four Meat Pizza 371 cal
Breaded Chicken Fillet on Bun 344 cal
Breaded Spicy Chicken Fillet on Bun 363 cal

CHICKEN TERIYAKI 245 cal
Korean BBQ Shredded Chicken on Bun 438 cal
Vegan, Chik'n Nuggets w/ Crackers 396 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 16 cal
Fresh Baby Carrots, Snack Pack 23 cal
Frozen Whole Fruit Cup 77 cal
Variety Fresh Fruit 2481 cal
Savory Herb Crackers 90 cal
Four Meat Pizza 371 cal
Breaded Chicken Fillet on Bun 344 cal
Breaded Spicy Chicken Fillet on Bun 363 cal

BEEF & CHEESE TACO CRISP 360 cal
Jamaican Beef Patty 227 cal
Vegan Bean & Green Chile Burrito 290 cal
Yogurt Parfait, Strawberry 446 cal
Plantains 281 cal
Black Beans 85 cal
Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 16 cal
Fresh Broccoli & Cucumber Salad 15 cal
Applesauce Cup 50 cal
Variety Fresh Fruit 2481 cal
Savory Herb Crackers 90 cal
Hamburger on Bun 369 cal
Cheeseburger on Bun 404 cal

CAJUN SEASONED CHICKEN WINGS 709 cal
Chicken Caesar Wrap 397 cal
Latin Style Black Beans w/ Brown Rice 113 cal
Salad, Caesar 187 cal
Brown Rice 222 cal
Fresh Carrots & Celery 17 cal
Sticks 104 cal
Potato, Cajun Seasoned French Fries 104 cal
Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal
Fresh Grape Tomato Salad 15 cal
Pears, Cup 70 cal
Savory Herb Crackers 90 cal
Dinner Roll 70 cal
Breaded Spicy Chicken Fillet on Bun 363 cal
Breaded Chicken Fillet on Bun 344 cal

BAKED ZITI 390 cal
Plant-Based Fiesta Wrap w/ Hummus 377 cal
Salad, Caesar 187 cal
Garlic Breadsticks 110 cal
Roasted Zucchini, Yellow Squash Mix 48 cal
Sweet Potato Crinkle Cut Fries 369 cal
Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal
Farm Fresh Green Beans 51 cal
Mixed Fruit Cup 80 cal
Pears, Cup 70 cal
Savory Herb Crackers 90 cal
Buffalo Chicken Pizza 379 cal
Hamburger on Bun 369 cal
Cheeseburger on Bun 404 cal

CHICKEN POPCORN 255 cal
Vegan, Chik'n Nuggets w/ Crackers 377 cal
Fish, Sticks w/ Corn Popper 377 cal
Brown Rice 222 cal
Fresh Mini Sweet Peppers 13 cal
Tossed Salad w/Romaine Lettuce & Grape Tomatoes 16 cal
Steamed Corn 107 cal
Variety Juice 90 cal
Variety Fresh Fruit 2481 cal
Breaded Chicken Fillet on Bun 344 cal
Breaded Spicy Chicken Fillet on Bun 363 cal

Served every day:
Milk, Cheese Pizza, Pepperoni Pizza

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.

