

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	169 cal
Tossed Salad w/Romaine Lettuce & Grape Tomatoes	16 cal
Fresh Cucumbers with Carrots	21 cal
Mixed Fruit Cup	80 cal
Variety Fresh Fruit	2481 cal
Breaded Chicken Fillet on Bun	344 cal
Four Meat Pizza	371 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
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
Variety Fresh Fruit	2481 cal
Cheeseburger on Bun	404 cal
Seasoned French Fries	121 cal
Buffalo Chicken Pizza	379 cal

HOKE POKE CHICKEN TERIYAKI	245 cal
Hoke Poke Chicken, General Tso's	211 cal
Vegan Bean & Green Chile Burrito	290 cal
Woodies Noodles	277 cal
Steamed Corn	87 cal
Fresh Sliced Cucumbers	11 cal
Fresh Grape Tomato Salad	15 cal
Tossed Salad w/Romaine Lettuce & Sliced Tomatoes	15 cal
Black Beans	96 cal
Fresh Apple Slices	29 cal
Pears, Cup	70 cal
Breaded Chicken Fillet on Bun	344 cal
Four Meat Pizza	371 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	169 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
Cheeseburger on Bun	404 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
Farm Fresh Corn Cobettes	97 cal
Fresh Mini Sweet Peppers	13 cal
Tossed Salad w/Romaine Lettuce & Sliced Tomatoes	15 cal
Black Beans	96 cal
Fresh Grape Tomato Salad	15 cal
Corn	69 cal
Variety Juice	90 cal
Variety Fresh Fruit	2481 cal
Breaded Chicken Fillet on Bun	344 cal
Four Meat Pizza	371 cal

No menu published	
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BURRITO BOWL	347 cal
Fish Patty on Bun	319 cal
Latin Style Black Beans w/ Brown Rice	113 cal
Tortilla Scoop Chips	110 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	70 cal
Fresh Sliced Orange	66 cal
Cheeseburger on Bun	404 cal
Buffalo Chicken Pizza	379 cal

BBQ CHICKEN WINGS	737 cal
Chicken Tender Sub	446 cal
Breaded Onion Rings	180 cal
Fresh Carrots & Celery Sticks	17 cal
Potato, Cajun Seasoned French Fries	104 cal
Black Beans	96 cal
Latin Style Red Beans	136 cal
Pears, Cup	70 cal
Variety Fresh Fruit	2481 cal
Breaded Chicken Fillet on Bun	344 cal
Four Meat Pizza	371 cal

BEEF A RONI	364 cal
Chicken Caesar Wrap	216 cal
Vegan Bean & Green Chile Burrito	290 cal
Salad, Caesar	187 cal
Yogurt Parfait, Strawberry	446 cal
Hawaiian Roll	129 cal
Steamed Broccoli	49 cal
Broccoli (Cold)	26 cal
Fresh Baby Carrots, Snack Pack	23 cal
Fresh Mini Sweet Peppers	13 cal
Fresh Apple Slices	29 cal
Mixed Fruit Cup	80 cal
Cheeseburger on Bun	404 cal
Sweet Potato Wedges	153 cal
Buffalo Chicken Pizza	379 cal

BROWARD BOWL	578 cal
Vegan, Chik'n Nuggets w/ Crackers	396 cal
Turkey Ham & Cheese Melt	349 cal
Vegan Salad, w/ Chik'n Nuggets	336 cal
Steamed California Blend Vegetables	71 cal
Fresh Mini Sweet Peppers	13 cal
Fresh Baby Carrots, Snack Pack	23 cal
Variety Juice	90 cal
Variety Fresh Fruit	2481 cal
Breaded Chicken Fillet on Bun	344 cal
Four Meat Pizza	371 cal

BEEF & BROCCOLI	267 cal
Chicken Tender Sub	446 cal
Salad, Caesar	187 cal
Vegan Salad, w/ Chik'n Nuggets	336 cal
Brown Rice	222 cal
Roasted Farm Fresh Green Beans	40 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
Breaded Chicken Fillet on Bun	344 cal
Sweet Potato Crinkle Cut Fries	169 cal
Four Meat Pizza	371 cal

BEEF TACO/NACHOS MEAT	341 cal
Latin Style Black Beans w/ Brown Rice	113 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	15 cal
Fresh Broccoli & Cucumber Salad	11 cal
Fresh Apple Slices	29 cal
Peach Cup	70 cal
Cheeseburger on Bun	404 cal
Buffalo Chicken Pizza	379 cal

BONELESS CHICKEN WINGS	215 cal
Philly Cheese Steak Sub	297 cal
Vegan Bean & Green Chile Burrito	290 cal
Brown Rice	222 cal
Fresh Carrots & Celery Sticks	17 cal
Tossed Salad w/Romaine Lettuce & Sliced Tomatoes	15 cal
Fresh Grape Tomato Salad	15 cal
Pears, Cup	70 cal
Variety Fresh Fruit	2481 cal
Breaded Chicken Fillet on Bun	344 cal
Potato, Cajun Seasoned French Fries	104 cal
Four Meat Pizza	371 cal

CHEESE TORTELLINI	265 cal
Meat Sauce	106 cal
Chicken Caesar Wrap	216 cal
Plant-Based Fiesta Wrap w/ Hummus	377 cal
Hawaiian Roll	129 cal
Steamed California Blend Vegetables	71 cal
Tossed Salad w/Romaine Lettuce & Sliced Tomatoes	15 cal
Fresh Zucchini and Yellow Squash Salad	15 cal
Applesauce Cup	50 cal
Variety Fresh Fruit	2481 cal
Sweet Potato Wedges	153 cal
Buffalo Chicken Pizza	379 cal

CHICKEN POPCORN	255 cal
Jamaican Beef Patty	227 cal
Vegan, Chik'n Nuggets w/ Crackers	396 cal
Brown Rice	222 cal
Roasted Butternut Squash	82 cal
Tossed Salad w/Romaine Lettuce & Grape Tomatoes	16 cal
Black Beans	96 cal
Variety Juice	90 cal
Variety Fresh Fruit	2481 cal
Breaded Chicken Fillet on Bun	344 cal
Potato, Cajun Seasoned French Fries	104 cal
Four Meat Pizza	371 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 & Sliced Tomatoes	15 cal
Fresh Baby Carrots, Snack Pack	23 cal
Frozen Whole Fruit Cup	77 cal
Variety Fresh Fruit	2481 cal
Breaded Chicken Fillet on Bun	344 cal
Four Meat Pizza	371 cal

BEEF & CHEESE TACO CRISP	360 cal
Jamaican Beef Patty	227 cal
Vegan Bean & Green Chile Burrito	290 cal
Yogurt Parfait, Strawberry	446 cal
Salad, Caesar	187 cal
Vegan Salad, w/ Chik'n Nuggets	336 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
Variety Fresh Fruit	2481 cal
Cheeseburger on Bun	404 cal
Buffalo Chicken Pizza	379 cal

BBQ CHICKEN WINGS	737 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
Tossed Salad w/Romaine Lettuce & Sliced Tomatoes	15 cal
Black Beans	96 cal
Fresh Grape Tomato Salad	15 cal
Pears, Cup	70 cal
Fresh Apples	68 cal
Breaded Chicken Fillet on Bun	344 cal
Potato, Cajun Seasoned French Fries	104 cal
Four Meat Pizza	371 cal

BAKED ZITI	390 cal
Plant-Based Fiesta Wrap w/ Hummus	377 cal
Garlic Breadsticks	110 cal
Roasted Zucchini, Yellow Squash Mix	48 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
Cheeseburger on Bun	404 cal
Sweet Potato Crinkle Cut Fries	169 cal
Buffalo Chicken Pizza	379 cal

CHICKEN POPCORN	255 cal
Fish Patty on Bun	319 cal
Vegan, Chik'n Nuggets w/ Crackers	396 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
Breaded Chicken Fillet on Bun	344 cal
Four Meat Pizza	371 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.