

Whiddon Rogers Education Ctr

Lunch · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

- 5**
- Chicken, General Tso's 211 cal
 - Chicken Tender Sub 446 cal
 - Spicy Chicken Tender Sub 446 cal
 - Cheese Pizza 360 cal
 - Pepperoni Pizza 360 cal
 - Four Meat Pizza 371 cal
 - Brown Rice 222 cal
 - Dinner Roll 70 cal
 - Savory Herb Crackers 90 cal
 - Peas and Carrots Blend 91 cal
 - Sweet Potato Crinkle Cut Fries 169 cal
 - Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal
 - Mixed Fruit Cup 80 cal

- 6**
- Arroz con Pollo 467 cal
 - Mexican Pizza 351 cal
 - Latin Style Black Beans w/ Brown Rice 113 cal
 - Hamburger on Bun 369 cal
 - Cheeseburger on Bun 404 cal
 - Cheese Pizza 360 cal
 - Pepperoni Pizza 360 cal
 - Breaded Breast Fillet Salad 270 cal
 - Vegan Salad, w/Hummus 226 cal
 - Brown Rice 222 cal
 - Dinner Roll 70 cal
 - Savory Herb Crackers 90 cal
 - Seasoned French Fries 121 cal
 - Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal
 - Fresh Zucchini and Yellow Squash Salad 15 cal
 - Frozen Rips 60 cal
 - Strawberry Kiwi 43 cal
 - Fresh Pineapple Spear 43 cal

- 7**
- Hoke Poke Chicken, General Tso's 211 cal
 - Chicken Caesar Wrap 397 cal
 - Vegan Bean & Green Chile Burrito 290 cal
 - Breaded Chicken Fillet on Bun 344 cal
 - Breaded Spicy Chicken Fillet on Bun 363 cal
 - Pepperoni Pizza 360 cal
 - Breaded Breast Fillet Salad 270 cal
 - Vegan Salad, w/Hummus 226 cal
 - Woodies Noodles 277 cal
 - Dinner Roll 70 cal
 - Savory Herb Crackers 90 cal
 - Steamed Corn 87 cal
 - Fresh Grape Tomato Salad 15 cal
 - Tossed Salad w/Romaine Lettuce & Diced Tomatoes 15 cal
 - Fresh Apple Slices 29 cal
 - Pears, Cup 70 cal

- 8**
- Baked Ziti 390 cal
 - Jamaican Beef Patty 227 cal
 - Cheese Pizza 360 cal
 - Pepperoni Pizza 360 cal
 - Buffalo Chicken Pizza 379 cal
 - Salad, Chicken Fajita 129 cal
 - Vegan Salad, w/Hummus 226 cal
 - Garlic Breadsticks 110 cal
 - Savory Herb Crackers 90 cal
 - Roasted Zucchini, Yellow Squash Mix 48 cal
 - Sweet Potato Crinkle Cut Fries 169 cal
 - Tossed Salad w/Romaine Lettuce & Grape Tomatoes 15 cal
 - Fresh Apple Slices 29 cal
 - Mixed Fruit Cup 80 cal

- 9**
- Chicken Popcorn 255 cal
 - Fish Patty on Bun 319 cal
 - Vegan, Chik'n Nuggets w/ Crackers 377 cal
 - Plant-Based Fiesta Salad w/ Hummus 326 cal
 - Breaded Spicy Chicken Fillet on Bun 363 cal
 - Salad, Caesar 187 cal
 - Brown Rice 222 cal
 - Dinner Roll 70 cal
 - Savory Herb Crackers 90 cal
 - Farm Fresh Corn 97 cal
 - Colettes 13 cal
 - Fresh Mini Sweet Peppers 90 cal
 - Fresh Honeydew 36 cal

- 12**
- No menu published

- 13**
- Burrito Bowl 347 cal
 - Latin Style Black Beans w/ Brown Rice 113 cal
 - Hamburger on Bun 369 cal
 - Cheese Pizza 360 cal
 - Salad, Egg & Cheese 247 cal
 - Vegan Salad, w/ Chik'n Nuggets 336 cal
 - Tortilla Scoop Chips 110 cal
 - Brown Rice 222 cal
 - Dinner Roll 70 cal
 - Savory Herb Crackers 90 cal
 - Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal
 - Fresh Baby Carrots, Snack Pack 23 cal
 - Fresh Zucchini and Yellow Squash Salad 15 cal
 - Strawberry Applesauce Cup 70 cal
 - Fresh Apple Slices 29 cal

- 14**
- Korean BBQ Chicken Wings 740 cal
 - Breaded Chicken Fillet on Bun 344 cal
 - Breaded Spicy Chicken Fillet on Bun 363 cal
 - Cheese Pizza 360 cal
 - Pepperoni Pizza 360 cal
 - Salad, Chef 287 cal
 - Vegan Salad, w/Hummus 226 cal
 - Breaded Onion Rings 180 cal
 - Dinner Roll 70 cal
 - Savory Herb Crackers 90 cal
 - Fresh Carrots & Celery Sticks 17 cal
 - Potato, Cajun Seasoned French Fries 104 cal
 - Tossed Salad w/Romaine Lettuce & Grape Tomatoes 15 cal
 - Pears, Cup 70 cal
 - Fresh Banana (Ripe) 161 cal

- 15**
- Beef A Roni 364 cal
 - Chicken Caesar Wrap 216 cal
 - Vegan Bean & Green Chile Burrito 290 cal
 - Hamburger on Bun 369 cal
 - Cheeseburger on Bun 404 cal
 - Buffalo Chicken Pizza 379 cal
 - Hawaiian Roll 129 cal
 - Steamed Broccoli 49 cal
 - Sweet Potato Wedges 153 cal
 - Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal
 - Fresh Baby Carrots, Snack Pack 23 cal
 - Fresh Apple Slices 29 cal
 - Mixed Fruit Cup 80 cal

- 16**
- Broward Bowl 578 cal
 - Vegan, Chik'n Nuggets w/ Crackers 396 cal
 - Turkey Ham & Cheese Melt 349 cal
 - Breaded Chicken Fillet on Bun 344 cal
 - Breaded Spicy Chicken Fillet on Bun 363 cal
 - Cheese Pizza 360 cal
 - Pepperoni Pizza 360 cal
 - Four Meat Pizza 371 cal
 - Dinner Roll 70 cal
 - Steamed California Blend Vegetables 71 cal
 - Fresh Mini Sweet Peppers 13 cal
 - Tossed Salad w/Romaine Lettuce & Grape Tomatoes 15 cal
 - Variety Juice 90 cal
 - Fresh Sliced Orange 66 cal

- 19**
- Beef & Broccoli 267 cal
 - Chicken Tender Sub 446 cal
 - Spicy Chicken Tender Sub 446 cal
 - Vegan, Chik'n Nuggets w/ Crackers 396 cal
 - Chicken Breast Strips 214 cal
 - Spicy Chicken Breast Strips 214 cal
 - Cheese Pizza 360 cal
 - Brown Rice 222 cal
 - Dinner Roll 70 cal
 - Roasted Farm Fresh Green Beans 40 cal
 - Sweet Potato Crinkle Cut Fries 169 cal
 - Tossed Salad w/Romaine Lettuce & Grape Tomatoes 15 cal
 - Pineapple Wedges, Individually Wrapped 50 cal
 - Fresh Strawberries 28 cal

- 20**
- Salad, Chicken Fajita 129 cal
 - Plant-Based Fiesta Salad w/ Hummus 326 cal
 - Tortilla Chips 200 cal
 - Shredded Cheddar Cheese 56 cal

- 21**
- Boneless Chicken Wings 215 cal
 - Philly Cheese Steak Sub 297 cal
 - Cheese Pizza 360 cal
 - Pepperoni Pizza 360 cal
 - Four Meat Pizza 371 cal
 - Salad, Caesar 107 cal
 - Salad, Vegan w/ Buffalo Fava Crisp 240 cal
 - Dinner Roll 70 cal
 - Savory Herb Crackers 90 cal
 - Fresh Carrots & Celery Sticks 17 cal
 - Potato, Cajun Seasoned French Fries 104 cal
 - Tossed Salad w/Romaine Lettuce & Sliced Tomatoes 15 cal
 - Pears, Cup 70 cal
 - Fresh Apple Slices 29 cal

- 22**
- Cheese Tortellini 263 cal
 - Meat Sauce 106 cal
 - Chicken Caesar Wrap 216 cal
 - Plant-Based Fiesta Wrap w/ Hummus 377 cal
 - Hamburger on Bun 369 cal
 - Cheeseburger on Bun 404 cal
 - Mini Chicken Fillet Slider on Hawaiian Roll 401 cal
 - Salad, Chicken Fajita 129 cal
 - Salad, Egg & Cheese 247 cal
 - Hawaiian Roll 129 cal
 - Savory Herb Crackers 90 cal
 - Steamed California Blend Vegetables 71 cal
 - Sweet Potato Wedges 153 cal
 - Tossed Salad w/Romaine Lettuce & Diced Tomatoes 15 cal
 - Fresh Zucchini and Yellow Squash Salad 15 cal
 - Applesauce Cup 50 cal
 - Fresh Sliced Orange 66 cal

- 23**
- Chicken Popcorn 255 cal
 - Jamaican Beef Patty 227 cal
 - Vegan, Chik'n Nuggets w/ Crackers 396 cal
 - Cheese Pizza 360 cal
 - Pepperoni Pizza 360 cal
 - Four Meat Pizza 371 cal
 - Brown Rice 222 cal
 - Dinner Roll 70 cal
 - Potato, Cajun Seasoned French Fries 104 cal
 - Roasted Butternut Squash 82 cal
 - Variety Juice 90 cal
 - Fresh Pears 75 cal

- 26**
- Chicken Teriyaki 245 cal
 - Korean BBQ Shredded Chicken on Bun 438 cal
 - Vegan, Chik'n Nuggets w/ Crackers 396 cal
 - Spicy Chicken Breast Strips 214 cal
 - Cheese Pizza 360 cal
 - Pepperoni Pizza 360 cal
 - Four Meat Pizza 371 cal
 - Vegetable Egg Roll 140 cal
 - Lo Mein 265 cal
 - Steamed Broccoli 49 cal
 - Tossed Salad w/Romaine Lettuce & Diced Tomatoes 15 cal
 - Fresh Baby Carrots, Snack Pack 23 cal
 - Frozen Whole Fruit Cup 77 cal
 - Fresh Apples 68 cal

- 27**
- Beef & Cheese Taco Crisp 360 cal
 - Jamaican Beef Patty 227 cal
 - Vegan Bean & Green Chile Burrito 290 cal
 - Hamburger on Bun 369 cal
 - Cheeseburger on Bun 404 cal
 - Buffalo Chicken Pizza 379 cal
 - Vegan Salad, w/Hummus 226 cal
 - Salad, Caesar 107 cal
 - Savory Herb Crackers 90 cal
 - Plantains 283 cal
 - Tossed Salad w/Romaine Lettuce & Grape Tomatoes 15 cal
 - Fresh Broccoli & Cucumber Salad 11 cal
 - Applesauce Cup 50 cal
 - Fresh Cantaloupe 30 cal

- 28**
- Vegan Salad, w/ Chik'n Nuggets 336 cal
 - Salad, Chicken Tenders 270 cal
 - Fresh Strawberries 28 cal

- 29**
- Baked Ziti 390 cal
 - Spicy Chicken Tender Sub 446 cal
 - Chicken Tender Sub 446 cal
 - Cheese Pizza 360 cal
 - Pepperoni Pizza 360 cal
 - Buffalo Chicken Pizza 379 cal
 - Salad, Sliced Turkey & Cheese 241 cal
 - Vegan Salad, w/Hummus 226 cal
 - Garlic Breadsticks 110 cal
 - Savory Herb Crackers 90 cal
 - Roasted Zucchini, Yellow Squash Mix 48 cal
 - Sweet Potato Crinkle Cut Fries 169 cal
 - Tossed Salad w/Romaine Lettuce & Grape Tomatoes 15 cal
 - Farm Fresh Green Beans 51 cal
 - Fresh Apple Slices 29 cal
 - Mixed Fruit Cup 80 cal

- 30**
- Fresh Honeydew 36 cal

Served every day
Milk