



Broward
Food and Nutrition Services

Serving Plan Calendar

(3871) WESTGLADES MIDDLE (10/7/2019 to 10/31/2019)

Monday	Tuesday	Wednesday	Thursday	Friday
Oct-7	8	9	10	11
Middle School Lunch Mexican Pizza Beef Teriyaki Dippers over Rice Latin Style Black Beans over Rice Brown Rice Yogurt w/ Cheese & Crackers Plantains Mango Swirl Juice Hummus and Cheese Stick w/ Crackers Fresh Red Apple Applesauce Cup Yuca Steak cut fries	Middle School Lunch Spaghetti Meat Sauce Salad, Seeds & Cheese Wheat Crackers Garlic Breadsticks Fresh Sliced Cucumbers Steamed Broccoli Tropical Splash Juice Chilled Peaches Yogurt w/ Cheese & Crackers Hummus and Cheese Stick w/ Crackers Salad, Vegan w/ Black Beans & Seeds		Middle School Lunch Chicken Smackers Grilled Cheese Vegan, Chik'n Nuggets w/ Dinner Roll Salad, Vegan Chik'n Nuggets Wheat Crackers Wild White Nacho Dorito Chips Farm Fresh Corn Cobettes Sweet Potato Wedges Chilled Mixed Fruit Steamed Corn Yogurt w/ Cheese & Crackers Hummus and Cheese Stick w/ Crackers	Middle School Lunch Cheese Pizza Wedge Chicken Empanada Fresh Baby Carrots, Snack Pack Fresh Mini Sweet Peppers Grape Juice Fresh Orange Hummus and Cheese Stick w/ Crackers Yogurt w/ Cheese & Crackers Fresh Red Apple
14	15	16	17	18
Middle School Lunch Lemongrass Chicken Chicken & Cheese Taquitos Yogurt w/ Cheese & Crackers Brown Rice Fresh Sliced Cucumbers Steamed Edamame Vegetables Pears, Cup Special Theme Rosati Frz Cup Hummus and Cheese Stick w/ Crackers Latin Style Black Beans over Rice	Middle School Lunch Beef Tacos Taco Shells & Tortilla Vegan, Chik'n Nuggets w/ Dinner Roll Salad, Seeds & Cheese Wheat Crackers Salsa Cup Lettuce, Diced Tomato, & Cheese Refried Beans Strawberry Kiwi Juice Chilled Peaches Yogurt w/ Cheese & Crackers Hummus and Cheese Stick w/ Crackers	Middle School Lunch Macaroni and Cheese Corn Bread Bowl Vegan Bean & Green Chile Burrito Salad, Mandarin Chicken Wheat Crackers Steamed Broccoli Fresh Celery Sticks Fresh Seedless Red Grapes Fresh Red Apple Yogurt w/ Cheese & Crackers Hummus and Cheese Stick w/ Crackers	Middle School Lunch Baked Corndog EZ Jammer Sandwich Fuitable Juice Fresh Baby Carrots, Snack Pack Fresh Apple Slices Flavored Cranberries Yogurt w/ Cheese & Crackers Hummus and Cheese Stick w/ Crackers	

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Monday	Tuesday	Wednesday	Thursday	Friday
21	22	23	24	25
Middle School Lunch Chicken Nuggets Jamaican Beef Patty Latin Style Black Beans over Rice Brown Rice Yogurt w/ Cheese & Crackers Chocolate Chip Crisps Strawberry Banana Swirl Juice Fresh Sliced Cucumbers Hummus and Cheese Stick w/ Crackers Fresh Red Apple	Middle School Lunch Beef A Roni Salad, Seeds & Cheese Wheat Crackers Garlic Breadsticks Fresh Baby Carrots, Snack Pack Steamed Broccoli Tropical Splash Juice Chilled Peaches Yogurt w/ Cheese & Crackers Hummus and Cheese Stick w/ Crackers	Middle School Lunch MeatLoaf Vegan Bean & Green Chile Burrito Parfait, Peach w/Cheese Stick & Graham Cracker Salad, Chicken Tenders Wheat Crackers Wheat Roll Mashed Potatoes Steamed Spinach Fresh Pineapple Pushup Hummus and Cheese Stick w/ Crackers	Middle School Lunch Crispy Baked Chicken Turkey Ham & Cheese Sub Vegan, Chik'n Nuggets w/ Dinner Roll Salad, Vegan Chik'n Nuggets Wheat Crackers Wheat Roll Deli Roasted Potatoes Baked Beans Pears, Cup Yogurt w/ Cheese & Crackers Hummus and Cheese Stick w/ Crackers	Middle School Lunch Cheesy Stuffed Bread Stick Marinara Sauce Cup Fish Sticks Sweet Potato Wedges Fresh Mini Sweet Peppers Grape Juice Fresh Orange Hummus and Cheese Stick w/ Crackers Yogurt w/ Cheese & Crackers Fresh Red Apple
28	29	30	31	Nov-1
Middle School Lunch Mandarin Orange Chicken over Rice Asian Egg Roll Latin Style Black Beans over Rice Yogurt w/ Cheese & Crackers Brown Rice Steamed Broccoli Fresh Baby Carrots, Snack Pack Frozen Ridgefield Sidekick Chilled Peaches Hummus and Cheese Stick w/ Crackers	Middle School Lunch Beef Nachos Tortilla Chips & Nacho Cheese Cup Salad, Seeds & Cheese Salad, Vegan w/ Black Beans & Seeds Wheat Crackers Refried Beans Salsa Cup Steamed Corn Strawberry Kiwi Juice Fresh Apple Slices Yogurt w/ Cheese & Crackers Hummus and Cheese Stick w/ Crackers	Middle School Lunch Cheeseburger on Bun Vegan Bean & Green Chile Burrito Salad, Mandarin Chicken Wheat Crackers Potato Wedges Lettuce, Tomato & Pickle Cup Fresh Seedless Red Grapes Fresh Red Apple Yogurt w/ Cheese & Crackers Hummus and Cheese Stick w/ Crackers	Middle School Lunch Chicken Breast Tenderloin Turkey Breast & Cheese Sub Vegan, Chik'n Nuggets w/ Dinner Roll Salad, Vegan Chik'n Nuggets Wheat Crackers Chocolate Caramel Simply Chex Steamed Green Beans Fresh Celery Sticks Mango Peach Applesauce Cup Yogurt w/ Cheese & Crackers Hummus and Cheese Stick w/ Crackers	