

Somerset Academy School Lunch Program (Wilton Manors)

presented by Greater Miami Caterers, Inc.

August & September 2018

This menu is Dietician Approved to meet NSLP & CCFP.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	13	14	15	16	17
			WHOLE WHEAT SPAGHETTI & SAUCE W/ TURKEY MEATBALLS FRESH SPINACH SALAD W/ FAT FREE SALAD DRESSING BLENDED JUICE WHOLE WHEAT DINNER ROLL	TURKEY HAM & CHEESE CHEF SALAD W/ DICED TOMATOES AND CORN OVER ROMAINE GREENS W/ CRISPY NOODLES & FAT FREE DRESSING HERBED POTATO WEDGES APPLESAUCE WHOLE WHEAT GARLIC ROLL	WHOLE WHEAT CRUST CHEESE PIZZA MIXED VEGETABLE SOUP MARINATED CUCUMBER SALAD FRESH APPLE
4	20	21	22	23	24
	TURKEY SLOPPY JOE ON A BUN BAKED BEANS CONFETTI COLE SLAW PINEAPPLE TIDBITS WHOLE WHEAT HAMBURGER BUN	BONELESS BBQ CHICKEN MASHED SWEET POTATOES KERNEL CORN DICED PEARS WHOLE GRAIN CORNBREAD MUFFIN	ARROZ (BROWN) CON POLLO CASSEROLE CARROT STICKS W/ FAT FREE DIP TOSSED LETTUCE SALAD W/ SLICED TOMATOES & FAT FREE SALAD DRES. FRESH APPLE	PICADILLO (Spanish Ground Beef) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS BLACK BEAN SOUP MANDARIN ORANGES WHOLE WHEAT CUBAN CRACKERS	WHOLE WHEAT CRUST CHEESE PIZZA GARBANZO(CHICK PEA) SOUP CAESAR SALAD W/ FAT FREE CAESAR DRESSING & CROUTONS FRESH BANANA
1	27	28	29	30	31
	WHOLE GRAIN CHICKEN NUGGETS WHOLE WHEAT MACARONI & CHEESE RAW CARROTS STICKS W/ FAT FREE DIP KERNEL CORN SLICED PEACHES KETCHUP	WHOLE WHEAT BOWTIE PASTA W/ MEATSAUCE ROMAINE SALAD W/ FAT FREE DRESSING FRESH MELON CUBES WHOLE WHEAT DINNER ROLL	BONELESS CHICKEN FRICASSEE WHOLE GRAIN BROWN RICE GREEN SPLIT PEA SOUP MARINATED CUCUMBER SALAD FRUIT MIX	SOFT BEEF TACOS W/ SHREDDED CHEDDAR CHEESE SHREDDED LETTUCE, DICED TOMATOES & TACO SAUCE REFRIED BEANS FRESH ORANGE WEDGES WHOLE GRAIN SOFT TORTILLAS	WHOLE WHEAT CRUST CHEESE PIZZA RAW CELERY STICKS W/ FAT FREE DIP FRESH SPINACH SALAD W/ SHREDDED CARROTS & FAT FREE DRESSING APPLESAUCE
2	3	4	5	6	7
	SCHOOL CLOSED Holiday	WHOLE GRAIN BREADED CHICKEN BREAST PATTY ON A WHOLE WHEAT HAMBURGER BUN WITH MUSTARD & PICKLES SLICED CARROTS TOSSED LETTUCE SALAD W/ TOMATOES & FAT FREE SALAD DRES. FRESH BANANA	ROPA VIEJA (SHREDDED BEEF) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS RED BEAN SOUP FRESH APPLE	Mini Chicken Whole Grain Corn Dogs POTATO CASSEROLE RAW CELERY STICKS W/ FAT FREE DIP PINEAPPLE TIDBITS KETCHUP	WHOLE WHEAT CRUST CHEESE PIZZA HUMMUS DIP CAESAR SALAD W/ FAT FREE CAESAR SALAD DRESSING FRESH MELON CUBES WHOLE GRAIN PITA CHIPS
3	10	11	12	13	14
	SCHOOL CLOSED Teacher Planning Day	CHILI CON CARNE W/ DARK RED KIDNEY BEANS & CHEESE BROWN RICE PEAS & CARROTS FRESH PEAR WHOLE GRAIN CORNBREAD MUFFIN	WHOLE WHEAT SPAGHETTI & SAUCE W/ TURKEY MEATBALLS FRESH SPINACH SALAD W/ FAT FREE SALAD DRESSING BLENDED JUICE WHOLE WHEAT DINNER ROLL	TURKEY HAM & CHEESE CHEF SALAD W/ DICED TOMATOES AND CORN OVER ROMAINE GREENS W/ CRISPY NOODLES & FAT FREE DRESSING HERBED POTATO WEDGES APPLESAUCE WHOLE WHEAT GARLIC ROLL	WHOLE WHEAT CRUST CHEESE PIZZA MIXED VEGETABLE SOUP MARINATED CUCUMBER SALAD FRESH APPLE
4	17	18	19	20	21
	TURKEY SLOPPY JOE ON A BUN BAKED BEANS CONFETTI COLE SLAW PINEAPPLE TIDBITS WHOLE WHEAT HAMBURGER BUN	BONELESS BBQ CHICKEN MASHED SWEET POTATOES KERNEL CORN DICED PEARS WHOLE GRAIN CORNBREAD MUFFIN	SCHOOL CLOSED Teacher Planning Day	PICADILLO (Spanish Ground Beef) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS BLACK BEAN SOUP MANDARIN ORANGES WHOLE WHEAT CUBAN CRACKERS	WHOLE WHEAT CRUST CHEESE PIZZA GARBANZO(CHICK PEA) SOUP CAESAR SALAD W/ FAT FREE CAESAR DRESSING & CROUTONS FRESH BANANA
1	24	25	26	27	28
	WHOLE GRAIN CHICKEN NUGGETS WHOLE WHEAT MACARONI & CHEESE RAW CARROTS STICKS W/ FAT FREE DIP KERNEL CORN SLICED PEACHES KETCHUP	WHOLE WHEAT BOWTIE PASTA W/ MEATSAUCE ROMAINE SALAD W/ FAT FREE DRESSING FRESH MELON CUBES WHOLE WHEAT DINNER ROLL	BONELESS CHICKEN FRICASSEE WHOLE GRAIN BROWN RICE GREEN SPLIT PEA SOUP MARINATED CUCUMBER SALAD FRUIT MIX	SOFT BEEF TACOS W/ SHREDDED CHEDDAR CHEESE SHREDDED LETTUCE, DICED TOMATOES & TACO SAUCE REFRIED BEANS FRESH ORANGE WEDGES WHOLE GRAIN SOFT TORTILLAS	WHOLE WHEAT CRUST CHEESE PIZZA RAW CELERY STICKS W/ FAT FREE DIP FRESH SPINACH SALAD W/ SHREDDED CARROTS & FAT FREE DRESSING APPLESAUCE

ALL MEALS ARE SERVED WITH 1% OR 0% LOW FAT MILK (YOUR CHOICE)