

# Somerset Academy School Lunch Program (Wilton Manors)

presented by Greater Miami Caterers, Inc.

## March 2018

This menu is Dietician Approved  
to meet NSLP & CCFP.

|         | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---------|---|---|---|---|---|
| Cycle 3 |   |   |   | 1<br>TURKEY & CHEESE WHOLE GRAIN<br>CROISSANT SANDWICH<br>HERBED POTATO WEDGES<br>MARINATED CUCUMBER SALAD<br>APPLESAUCE<br>LIGHT MAYONNAISE & MUSTARD                        | 2<br>WHOLE WHEAT CRUST<br>CHEESE PIZZA<br>MIXED VEGETABLE SOUP<br>ROMAINE SALAD W/<br>FAT FREE SALAD DRESSING<br>FRESH APPLE                                    |
| 4       | 5<br>CHEESEBURGER ON A BUN<br>BAKED BEANS<br>CONFETTI COLE SLAW<br>PINEAPPLE TIDBITS<br>WHOLE WHEAT HAMBURGER BUN<br>KETCHUP & MUSTARD                  | 6<br>BONELESS BBQ CHICKEN<br>MASHED SWEET POTATOES<br>KERNEL CORN<br>DICED PEARS<br>WHOLE GRAIN CORNBREAD MUFFIN                            | 7<br>PICADILLO (Spanish Ground Beef)<br>WHOLE GRAIN BROWN RICE<br>BAKED FRIED PLANTAINS<br>BLACK BEAN SOUP<br>FRESH APPLE<br>WHOLE WHEAT CUBAN CRACKERS | 8<br>ARROZ (BROWN) CON POLLO<br>CASSEROLE<br>CARROT STICKS W/ FAT FREE DIP<br>TOSSED LETTUCE SALAD W/ SLICED<br>TOMATOES & FAT FREE SALAD DRES.<br>MANDARIN ORANGES           | 9<br>WHOLE WHEAT CRUST<br>CHEESE PIZZA<br>GARBANZO(CHICK PEA) SOUP<br>CAESAR SALAD W/ FAT FREE<br>CAESAR DRESSING & CROUTONS<br>FRESH BANANA                    |
| 1       | 12<br>WHOLE GRAIN CHICKEN NUGGETS<br>WHOLE WHEAT MACARONI & CHEESE<br>RAW CARROTS STICKS<br>W/ FAT FREE DIP<br>KERNEL CORN<br>SLICED PEACHES<br>KETCHUP | 13<br>WHOLE WHEAT BOWTIE PASTA<br>W/ MEATSAUCE<br>ROMAINE SALAD W/<br>FAT FREE DRESSING<br>FRESH MELON CUBES<br>WHOLE WHEAT DINNER ROLL     | 14<br>BONELESS CHICKEN FRICASSEE<br>WHOLE GRAIN BROWN RICE<br>GREEN SPLIT PEA SOUP<br>MARINATED CUCUMBER SALAD<br>FRUIT MIX                             | 15<br>SOFT BEEF TACOS W/ SHREDDED<br>CHEDDAR CHEESE<br>SHREDDED LETTUCE, DICED<br>TOMATOES & TACO SAUCE<br>REFRIED BEANS<br>FRESH ORANGE WEDGES<br>WHOLE GRAIN SOFT TORTILLAS | 16<br>WHOLE WHEAT CRUST<br>CHEESE PIZZA<br>RAW CELERY STICKS<br>W/ FAT FREE DIP<br>FRESH SPINACH SALAD W/ SHREDDED<br>CARROTS & FAT FREE DRESSING<br>APPLESAUCE |
| 2       | 19<br>CHEESEBURGER ON A BUN W/<br>LETTUCE & TOMATO<br>MASHED POTATOES & GRAVY<br>DICED PEARS<br>WHOLE WHEAT HAMBURGER BUN<br>KETCHUP & MUSTARD          | 20<br>CHICKEN PARMESAN<br>WHOLE WHEAT ROTINI PASTA W/<br>TOMATO SAUCE<br>TOSSED LETTUCE SALAD W/<br>FAT FREE SALAD DRESSING<br>FRESH BANANA | 21<br>ROPA VIEJA (SHREDDED BEEF)<br>WHOLE GRAIN BROWN RICE<br>BAKED FRIED PLANTAINS<br>RED BEAN SOUP<br>FRESH APPLE                                     | 22<br>Mini Chicken Whole Grain Corn Dogs<br>POTATO CASSEROLE<br>RAW CELERY STICKS<br>W/ FAT FREE DIP<br>PINEAPPLE TIDBITS<br>KETCHUP  | 23<br><b>SCHOOL<br/>CLOSED</b><br>Teacher Planning Day  |
| 3       | 26<br><b>SCHOOL<br/>CLOSED</b>  | 27<br><b>SCHOOL<br/>CLOSED</b>  | 28<br><b>SCHOOL<br/>CLOSED</b>  | 29<br><b>SCHOOL<br/>CLOSED</b>  | 30<br><b>SCHOOL<br/>CLOSED</b>  |

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