

Somerset Academy School Lunch Program (Wilton Manors)

presented by Greater Miami Caterers, Inc.

May 2017

This menu is Dietician Approved
to meet NSLP & CCFP.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cycle 4	1 CHEESEBURGER ON A BUN BAKED BEANS CONFETTI COLE SLAW PINEAPPLE TIDBITS WHOLE WHEAT HAMBURGER BUN KETCHUP & MUSTARD	2 BONELESS BBQ CHICKEN MASHED POTATOES SLICED CARROTS DICED PEARS WHOLE GRAIN CORNBREAD MUFFIN	3 PICADILLO (Spanish Ground Beef) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS BLACK BEAN SOUP FRESH APPLE WHOLE WHEAT CUBAN CRACKERS	4 PAN CON LECHON W/ ONIONS (Shredded Pork on a Bun) BAKED SWEET POTATO FRIES TOSSED LETTUCE SALAD W/ FAT FREE SALAD DRESSING MANDARIN ORANGES WHOLE GRAIN CUBAN BREAD HOAGIE	5 WHOLE WHEAT CRUST CHEESE PIZZA MARINATED CHICK PEA SALAD CAESAR SALAD W/ FAT FREE DRESSING FRESH BANANA
1	8 WHOLE GRAIN CHICKEN NUGGETS WHOLE WHEAT MACARONI & CHEESE RAW CARROTS STICKS W/ FAT FREE DIP KERNEL CORN SLICED PEACHES KETCHUP	9 WHOLE WHEAT BOWTIE PASTA W/ MEATSAUCE ROMAINE SALAD W/ FAT FREE DRESSING FRESH MELON CUBES WHOLE WHEAT DINNER ROLL	10 BONELESS CHICKEN FRICASSEE WHOLE GRAIN BROWN RICE BUTTERNUT SQUASH SOUP CUBAN BLACK BEAN SALAD FRUIT MIX	11 SOFT BEEF TACOS W/ SHREDDED CHEDDAR CHEESE SHREDDED LETTUCE, DICED TOMATOES & TACO SAUCE REFRIED BEANS FRESH ORANGE WEDGES WHOLE GRAIN SOFT TORTILLAS	12 WHOLE WHEAT CRUST CHEESE PIZZA MARINATED CUCUMBER SALAD FRESH SPINACH SALAD W/ FAT FREE DRESSING APPLESAUCE
2	15 CHEESEBURGER ON A BUN W/ LETTUCE & TOMATO MASHED POTATOES & GRAVY DICED PEARS WHOLE WHEAT HAMBURGER BUN KETCHUP & MUSTARD	16 CHICKEN PARMESAN WHOLE WHEAT ROTINI PASTA W/ TOMATO SAUCE TOSSED LETTUCE SALAD W/ FAT FREE SALAD DRESSING FRESH BANANA	17 ROPA VIEJA (SHREDDED BEEF) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS RED BEAN SOUP FRESH APPLE	18 Mini Chicken Whole Grain Corn Dogs POTATO CASSEROLE RAW CELERY STICKS W/ FAT FREE DIP PINEAPPLE TIDBITS KETCHUP	19 WHOLE WHEAT CRUST CHEESE PIZZA MARINATED TRI-BEAN SALAD CAESAR SALAD W/ FAT FREE CAESAR SALAD DRESSING FRESH MELON CUBES
3	22 ARROZ(BROWN) CON POLLO CASSEROLE TOMATO SLICES TOSSED LETTUCE SALAD W/ FAT FREE SALAD DRESSING PLANTAIN CHIPS-LOW SODIUM FRUIT MIX	23 BEEF SHEPPERD'S PIE W/ MASHED POTATOES & CHEESE (Tambor de Papa) GREEN SPLIT PEA SOUP FRESH PEAR WHOLE WHEAT CUBAN CRACKERS	24 WHOLE WHEAT SPAGHETTI & SAUCE W/ TURKEY MEATBALLS FRESH SPINACH SALAD W/ FAT FREE SALAD DRESSING BLENDED JUICE WHOLE WHEAT DINNER ROLL	25 CHICKEN FAJITAS W/ SAUTEED PEPPERS & ONIONS ON WHOLE CORN SOFT TORTILLAS PIGEON PEAS (Kardis Peas) & Whole Grain BROWN RICE (Arroz con Glandules) MARINATED CUCUMBER SALAD APPLESAUCE	26 WHOLE WHEAT CRUST CHEESE PIZZA BLACK EYED PEA SALAD ROMAINE SALAD W/ FAT FREE SALAD DRESSING FRESH APPLE
4	29 SCHOOL CLOSED Holiday	30 BONELESS BBQ CHICKEN MASHED POTATOES SLICED CARROTS DICED PEARS WHOLE GRAIN CORNBREAD MUFFIN	31 PICADILLO (Spanish Ground Beef) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS BLACK BEAN SOUP FRESH APPLE WHOLE WHEAT CUBAN CRACKERS		
ALL MEALS ARE SERVED WITH 1/2 % LOW FAT CHOCOLATE MILK OR 1% LOW FAT MILK (YOUR CHOICE)					

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