

# Somerset Academy School Lunch Program (Wilton Manors)

presented by Greater Miami Caterers, Inc.

## November 2017

This menu is Dietician Approved  
to meet NSLP & CCFP.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Cycle 2</b>			1 ROPA VIEJA (SHREDDED BEEF) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS <b>RED BEAN SOUP</b> FRESH APPLE	2 Mini Chicken Whole Grain Corn Dogs POTATO CASSEROLE RAW CELERY STICKS W/ FAT FREE DIP PINEAPPLE TIDBITS KETCHUP	3 <b>WHOLE WHEAT CRUST CHEESE PIZZA</b> HUMMUS DIP CAESAR SALAD W/ FAT FREE CAESAR SALAD DRESSING FRESH MELON CUBES WHOLE GRAIN PITA CHIPS
<b>3</b>	6 ARROZ(BROWN) CON POLLO CASSEROLE TOMATO SLICES TOSSED LETTUCE SALAD W/ FAT FREE SALAD DRESSING PLANTAIN CHIPS-LOW SODIUM FRUIT MIX	7 CHILI CON CARNE W/ DARK RED KIDNEY BEANS & CHEESE PEAS & CARROTS FRESH PEAR WHOLE GRAIN CORNBREAD MUFFIN	8 WHOLE WHEAT SPAGHETTI & SAUCE W/ TURKEY MEATBALLS FRESH SPINACH SALAD W/ FAT FREE SALAD DRESSING BLENDED JUICE WHOLE WHEAT DINNER ROLL	9 TURKEY & CHEESE WHOLE GRAIN CROSSANT SANDWICH HERBED POTATO WEDGES MARINATED CUCUMBER SALAD APPLESAUCE LIGHT MAYONNAISE & MUSTARD	10 <b>SCHOOL CLOSED</b> Holiday
<b>4</b>	13 CHEESEBURGER ON A BUN BAKED BEANS CONFETTI COLE SLAW PINEAPPLE TIDBITS WHOLE WHEAT HAMBURGER BUN KETCHUP & MUSTARD	14 BONELESS BBQ CHICKEN MASHED SWEET POTATOES KERNEL CORN DICED PEARS WHOLE GRAIN CORNBREAD MUFFIN	15 PICADILLO (Spanish Ground Beef) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS <b>BLACK BEAN SOUP</b> FRESH APPLE WHOLE WHEAT CUBAN CRACKERS	16 ARROZ (BROWN) CON POLLO CASSEROLE CARROT STICKS W/ FAT FREE DIP TOSSED LETTUCE SALAD W/ SLICED TOMATOES & FAT FREE SALAD DRES. MANDARIN ORANGES	17 <b>WHOLE WHEAT CRUST CHEESE PIZZA</b> <b>GARBANZO(CHICK PEAS) SOUP</b> CAESAR SALAD W/ FAT FREE CAESAR DRESSING & CROUTONS FRESH BANANA
<b>1</b>	20 <b>HOLIDAY FEAST</b> ROAST TURKEY W/ STUFFING, GRAVY & CRANBERRY SAUCE SWEET POTATO CASSEROLE KERNEL CORN PUMPKIN PIE CORN BREAD W/ MARGARINE	21 WHOLE WHEAT BOWTIE PASTA W/ MEATSAUCE ROMAINE SALAD W/ FAT FREE DRESSING FRESH MELON CUBES WHOLE WHEAT DINNER ROLL	22 <b>SCHOOL CLOSED</b> Teacher Planning Day	23 <b>SCHOOL CLOSED</b> Holiday	24 <b>SCHOOL CLOSED</b>
<b>2</b>	27 CHEESEBURGER ON A BUN W/ LETTUCE & TOMATO MASHED POTATOES & GRAVY DICED PEARS WHOLE WHEAT HAMBURGER BUN KETCHUP & MUSTARD	28 CHICKEN PARMESAN WHOLE WHEAT ROTINI PASTA W/ TOMATO SAUCE TOSSED LETTUCE SALAD W/ FAT FREE SALAD DRESSING FRESH BANANA	29 ROPA VIEJA (SHREDDED BEEF) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS <b>RED BEAN SOUP</b> FRESH APPLE	30 Mini Chicken Whole Grain Corn Dogs POTATO CASSEROLE RAW CELERY STICKS W/ FAT FREE DIP PINEAPPLE TIDBITS KETCHUP	
ALL MEALS ARE SERVED WITH 1/2 % LOW FAT CHOCOLATE MILK OR 1% LOW FAT MILK (YOUR CHOICE)					

#1161