

Somerset Academy School Lunch Program (Wilton Manors)

presented by Greater Miami Caterers, Inc.

November 2018

This menu is Dietician Approved to meet NSLP & CCFP.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2				1 Mini Chicken Whole Grain Corn Dogs POTATO CASSEROLE RAW CELERY STICKS W/ FAT FREE DIP PINEAPPLE TIDBITS KETCHUP	2 WHOLE WHEAT CRUST CHEESE PIZZA HUMMUS DIP CAESAR SALAD W/ FAT FREE CAESAR SALAD DRESSING FRESH MELON CUBES WHOLE GRAIN PITA CHIPS
3	5 ARROZ(BROWN) CON POLLO CASSEROLE TOMATO SLICES TOSSED LETTUCE SALAD W/ FAT FREE SALAD DRESSING PLANTAIN CHIPS-LOW SODIUM FRUIT MIX	6 SCHOOL CLOSED Teacher Planning Day	7 WHOLE WHEAT SPAGHETTI & SAUCE W/ TURKEY MEATBALLS FRESH SPINACH SALAD W/ FAT FREE SALAD DRESSING BLENDED JUICE WHOLE WHEAT DINNER ROLL	8 TURKEY & CHEESE WHOLE GRAIN CROISSANT SANDWICH HERBED POTATO WEDGES ROMAINE SALAD W/ FAT FREE SALAD DRESSING APPLESAUCE MAYONNAISE & KETCHUP	9 WHOLE WHEAT CRUST CHEESE PIZZA MIXED VEGETABLE SOUP MARINATED CUCUMBER SALAD FRESH APPLE
4	12 SCHOOL CLOSED Veterans Day Holiday	13 BONELESS BBQ CHICKEN MASHED SWEET POTATOES KERNEL CORN DICED PEARS WHOLE GRAIN CORNBREAD MUFFIN	14 ARROZ (BROWN) CON POLLO CASSEROLE CARROT STICKS W/ FAT FREE DIP TOSSED LETTUCE SALAD W/ SLICED TOMATOES & FAT FREE SALAD DRES. FRESH APPLE	15 PICADILLO (Spanish Ground Beef) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS BLACK BEAN SOUP MANDARIN ORANGES WHOLE WHEAT CUBAN CRACKERS	16 WHOLE WHEAT CRUST CHEESE PIZZA GARBANZO(CHICK PEA) SOUP CAESAR SALAD W/ FAT FREE CAESAR DRESSING & CROUTONS FRESH BANANA
1	19 HOLIDAY FEAST ROAST TURKEY W/ STUFFING, GRAVY & CRANBERRY SAUCE SWEET POTATO CASSEROLE KERNEL CORN PUMPKIN PIE CORN BREAD W/ MARGARINE	20 WHOLE WHEAT BOWTIE PASTA W/ MEATSAUCE ROMAINE SALAD W/ FAT FREE DRESSING FRESH MELON CUBES WHOLE WHEAT DINNER ROLL	21 SCHOOL CLOSED Thanksgiving Day	22 SCHOOL CLOSED Thanksgiving Day	23 SCHOOL CLOSED Thanksgiving Day
2	26 CHEESEBURGER ON A BUN W/ LETTUCE & TOMATO MASHED POTATOES & GRAVY DICED PEARS WHOLE WHEAT HAMBURGER BUN KETCHUP & MUSTARD	27 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	28 ROPA VIEJA (SHREDDED BEEF) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS RED BEAN SOUP FRESH APPLE	29 Mini Chicken Whole Grain Corn Dogs POTATO CASSEROLE RAW CELERY STICKS W/ FAT FREE DIP PINEAPPLE TIDBITS KETCHUP	30 WHOLE WHEAT CRUST CHEESE PIZZA HUMMUS DIP CAESAR SALAD W/ FAT FREE CAESAR SALAD DRESSING FRESH MELON CUBES WHOLE GRAIN PITA CHIPS

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