

# Somerset Academy School Lunch Program (Wilton Manors)

presented by Greater Miami Caterers, Inc.

## October 2017

This menu is Dietician Approved  
to meet NSLP & CCFP.

|   | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|---|---|---|---|---|
| 2   | CHEESEBURGER ON A BUN W/<br>LETTUCE & TOMATO<br>MASHED POTATOES & GRAVY<br>DICED PEARS<br>WHOLE WHEAT HAMBURGER BUN<br>KETCHUP & MUSTARD                  | CHICKEN PARMESAN<br>WHOLE WHEAT ROTINI PASTA W/<br>TOMATO SAUCE<br>TOSSED LETTUCE SALAD W/<br>FAT FREE SALAD DRESSING<br>FRESH BANANA       | 4<br>ROPA VIEJA (SHREDDED BEEF)<br>WHOLE GRAIN BROWN RICE<br>BAKED FRIED PLANTAINS<br><b>RED BEAN SOUP</b><br>FRESH APPLE                                       | 5<br>Mini Chicken Whole Grain Corn Dogs<br>POTATO CASSEROLE<br>RAW CELERY STICKS<br>W/ FAT FREE DIP<br>PINEAPPLE TIDBITS<br>KETCHUP   | 6<br>WHOLE WHEAT CRUST<br>CHEESE PIZZA<br>HUMMUS DIP<br>CAESAR SALAD W/ FAT FREE<br>CAESAR SALAD DRESSING<br>FRESH MELON CUBES<br>WHOLE GRAIN PITA CHIPS        |
| 3   | 9<br>ARROZ(BROWN) CON POLLO<br>CASSEROLE<br>TOMATO SLICES<br>TOSSED LETTUCE SALAD W/<br>FAT FREE SALAD DRESSING<br>PLANTAIN CHIPS-LOW SODIUM<br>FRUIT MIX | 10<br>CHILI CON CARNE W/ DARK RED<br>KIDNEY BEANS & CHEESE<br>PEAS & CARROTS<br>FRESH PEAR<br>WHOLE GRAIN CORNBREAD MUFFIN                  | 11<br>WHOLE WHEAT SPAGHETTI & SAUCE<br>W/ TURKEY MEATBALLS<br>FRESH SPINACH SALAD W/<br>FAT FREE SALAD DRESSING<br>BLENDED JUICE<br>WHOLE WHEAT DINNER ROLL     | 12<br>TURKEY & CHEESE WHOLE GRAIN<br>CROISSANT SANDWICH<br>HERBED POTATO WEDGES<br>MARINATED CUCUMBER SALAD<br>APPLESAUCE<br>LIGHT MAYONNAISE & MUSTARD                       | 13<br>WHOLE WHEAT CRUST<br>CHEESE PIZZA<br><b>MIXED VEGETABLE SOUP</b><br>ROMAINE SALAD W/<br>FAT FREE SALAD DRESSING<br>FRESH APPLE                            |
| 4   | 16<br>CHEESEBURGER ON A BUN<br>BAKED BEANS<br>CONFETTI COLE SLAW<br>PINEAPPLE TIDBITS<br>WHOLE WHEAT HAMBURGER BUN<br>KETCHUP & MUSTARD                   | 17<br>BONELESS BBQ CHICKEN<br>MASHED SWEET POTATOES<br>KERNEL CORN<br>DICED PEARS<br>WHOLE GRAIN CORNBREAD MUFFIN                           | 18<br>PICADILLO (Spanish Ground Beef)<br>WHOLE GRAIN BROWN RICE<br>BAKED FRIED PLANTAINS<br><b>BLACK BEAN SOUP</b><br>FRESH APPLE<br>WHOLE WHEAT CUBAN CRACKERS | 19<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          | 20<br><b>SCHOOL<br/>CLOSED</b><br>Teacher Planning Day  |
| 1   | 23<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   | 24<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     | 25<br>BONELESS CHICKEN FRICASSEE<br>WHOLE GRAIN BROWN RICE<br><b>GREEN SPLIT PEA SOUP</b><br>MARINATED CUCUMBER SALAD<br>FRUIT MIX                              | 26<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 | 27<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   | 30<br>CHEESEBURGER ON A BUN W/<br>LETTUCE & TOMATO<br>MASHED POTATOES & GRAVY<br>DICED PEARS<br>WHOLE WHEAT HAMBURGER BUN<br>KETCHUP & MUSTARD            | 31<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 |   |   |   |
| ALL MEALS ARE SERVED WITH 1/2 % LOW FAT CHOCOLATE MILK OR 1% LOW FAT MILK (YOUR CHOICE) |   |   |   |   |   |

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