

# Somerset Academy School Lunch Program (Wilton Manors)

presented by Greater Miami Caterers, Inc.

## October 2018

This menu is Dietician Approved to meet NSLP & CCFP.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	1 CHEESEBURGER ON A BUN W/ LETTUCE & TOMATO MASHED POTATOES & GRAVY DICED PEARS WHOLE WHEAT HAMBURGER BUN KETCHUP & MUSTARD	2 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	3 ROPA VIEJA (SHREDDED BEEF) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS <b>RED BEAN SOUP</b> FRESH APPLE	4 Mini Chicken Whole Grain Corn Dogs POTATO CASSEROLE RAW CELERY STICKS W/ FAT FREE DIP PINEAPPLE TIDBITS KETCHUP	5 <b>WHOLE WHEAT CRUST</b> CHEESE PIZZA HUMMUS DIP CAESAR SALAD W/ FAT FREE CAESAR SALAD DRESSING FRESH MELON CUBES WHOLE GRAIN PITA CHIPS
3	8 ARROZ(BROWN) CON POLLO CASSEROLE TOMATO SLICES TOSSED LETTUCE SALAD W/ FAT FREE SALAD DRESSING PLANTAIN CHIPS-LOW SODIUM FRUIT MIX	9 CHILI CON CARNE W/ DARK RED KIDNEY BEANS & CHEESE BROWN RICE PEAS & CARROTS FRESH PEAR WHOLE GRAIN CORNBREAD MUFFIN	10 WHOLE WHEAT SPAGHETTI & SAUCE W/ TURKEY MEATBALLS FRESH SPINACH SALAD W/ FAT FREE SALAD DRESSING BLENDED JUICE WHOLE WHEAT DINNER ROLL	11 TURKEY & CHEESE WHOLE GRAIN CROISSANT SANDWICH HERBED POTATO WEDGES ROMAINE SALAD W/ FAT FREE SALAD DRESSING APPLESAUCE MAYONNAISE & KETCHUP	12 <b>WHOLE WHEAT CRUST</b> CHEESE PIZZA MIXED VEGETABLE SOUP MARINATED CUCUMBER SALAD FRESH APPLE
4	15 TURKEY SLOPPY JOE ON A BUN BAKED BEANS CONFETTI COLE SLAW PINEAPPLE TIDBITS WHOLE WHEAT HAMBURGER BUN	16 BONELESS BBQ CHICKEN MASHED SWEET POTATOES KERNEL CORN DICED PEARS WHOLE GRAIN CORNBREAD MUFFIN	17 ARROZ (BROWN) CON POLLO CASSEROLE CARROT STICKS W/ FAT FREE DIP TOSSED LETTUCE SALAD W/ SLICED TOMATOES & FAT FREE SALAD DRES. FRESH APPLE	18 PICADILLO (Spanish Ground Beef) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS BLACK BEAN SOUP MANDARIN ORANGES WHOLE WHEAT CUBAN CRACKERS	19 <b>SCHOOL CLOSED</b> Teacher Planning Day
1	22 WHOLE GRAIN CHICKEN NUGGETS WHOLE WHEAT MACARONI & CHEESE RAW CARROTS STICKS W/ FAT FREE DIP KERNEL CORN SLICED PEACHES KETCHUP	23 WHOLE WHEAT BOWTIE PASTA W/ MEATSAUCE ROMAINE SALAD W/ FAT FREE DRESSING FRESH MELON CUBES WHOLE WHEAT DINNER ROLL	24 BONELESS CHICKEN FRICASSEE WHOLE GRAIN BROWN RICE GREEN SPLIT PEA SOUP MARINATED CUCUMBER SALAD FRUIT MIX	25 SOFT BEEF TACOS W/ SHREDDED CHEDDAR CHEESE SHREDDED LETTUCE, DICED TOMATOES & TACO SAUCE REFRIED BEANS FRESH ORANGE WEDGES WHOLE GRAIN SOFT TORTILLAS	26 <b>WHOLE WHEAT CRUST</b> CHEESE PIZZA RAW CELERY STICKS W/ FAT FREE DIP FRESH SPINACH SALAD W/ SHREDDED CARROTS & FAT FREE DRESSING APPLESAUCE
2	29 CHEESEBURGER ON A BUN W/ LETTUCE & TOMATO MASHED POTATOES & GRAVY DICED PEARS WHOLE WHEAT HAMBURGER BUN KETCHUP & MUSTARD	30 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	31 ROPA VIEJA (SHREDDED BEEF) WHOLE GRAIN BROWN RICE BAKED FRIED PLANTAINS <b>RED BEAN SOUP</b> FRESH APPLE		

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

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